



Holiday workshop for Gr 1's and 2's :

Knowing me, Knowing you and Getting along too!!

This programme is facilitated by Child Counsellor, Kirsten McLeod.

The workshop provides children with a warm and nurturing environment that teaches them about feelings, empathy and fostering healthy and positive relationships. They will be taught to identify and label their own feelings, manage uncomfortable feelings and relate to others. When children are taught specific strategies for recognising and responding to feelings and view them as visitors they are less likely to act out frustrations inappropriately.

The social skills taught: self-awareness, self-management, social-awareness.

**PLACE:**

Foundations for Life
2 Hemyock Road, Plumstead

TIME:

26 June 9 - 11am
OR
3 July 9 - 11am

COST:

R300 per child

BOOKINGS:

info@foundationsforlife.co.za