

# TRINITY IN-BETWEENS PROGRAM

(7 - 9 YEARS)

**COST: \$185 pp / \$155 pp (Early Bird Rate) / \$26.50 pw casual**

Welcome to Trinity Kids Australia, and thank you for your interest in our Trinity In-Betweens program. These middle childhood years can bring about their own unique challenges, and it is here that we begin to take kids a little further into the exploration of emotional intelligence and mindfulness. Still so little, but on the cusp of THE peak time for bullying behavior, we want to empower our kids to feel good and gift them the tools they need to navigate difficult situations.

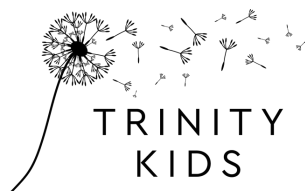
The Trinity In-Betweens programs follow a regular format, including the importance of a gratitude practice, meditation, breathing strategies, arts and crafts, games, affirmations, and body connection activities. But each term the focus of our programs changes covering topics such as, Kindness & Empathy, Self-Esteem & Resilience, Emotional Intelligence and Bullying, Boundaries and Belonging.



## *What do mums have to say?*

"Deanne doesn't 'teach' rather she provides the tools and safe environment for the children to explore their emotions and behaviours. This self-observation and exploration providing effective, long-term 'life-skills' for my child, as he navigates life..."

- Aretha Vinson



## *Program details...*

- Parents are required to stay in attendance at all times. The program runs weekly for 60 minutes over 8 weeks. Parents are encouraged to continue practices at home to maximise the impact of the program. Parents will receive a weekly email with techniques, tips and strategies. Deposit will only be refunded if group does not go ahead.

*emotionally empowering kids everyday*