

TRINITY TINIES PROGRAM

(4 - 6 YEARS)

COST: \$155 pp / \$135 pp (Early Bird Rate) / \$22 pw casual

Welcome to Trinity Kids Australia, and thank you for your interest in our Trinity Tinies program. Our children's brains are developing rapidly, and it is essential to assist them to build a solid foundation for their emotional intelligence. This age can hold many significant changes for little ones and whilst this can be challenging, it's also an opportunity for positive growth that can impact their entire lives.

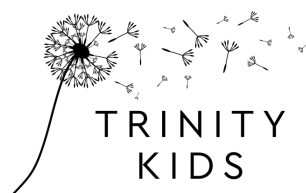
The Trinity Tinies programs follow a regular format, including the importance of a gratitude practice, meditation, breathing strategies, arts and crafts, games, affirmations, and body connection activities. But each term the focus of our programs changes covering topics such as, Kindness & Empathy, Self-Esteem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



What do mums have to say?

"The mindfulness and meditation program for kids is fantastic, my kids learnt so much about self calming and it is well worth attending. Deanne was amazing and kept all the kids engaged though out the whole program, and I would highly recommend for all parents."

- Rebecca Corley



Program details...

- Parents are required to stay in attendance at all times. The program runs weekly for 45 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