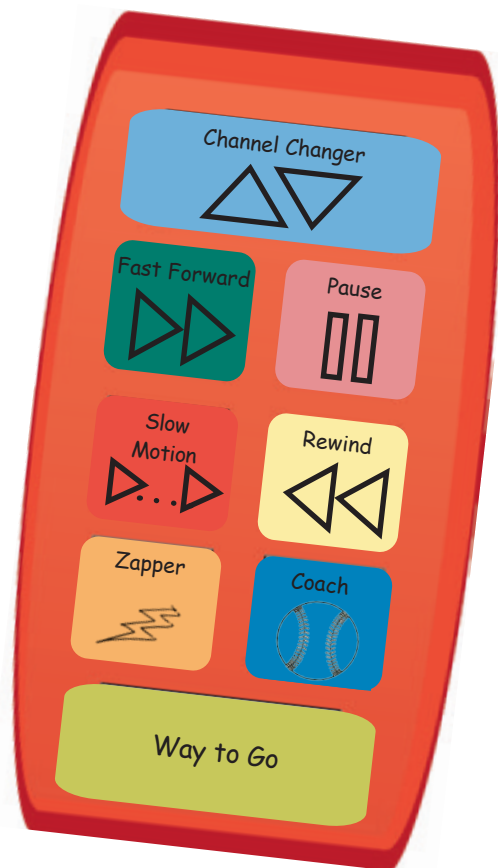


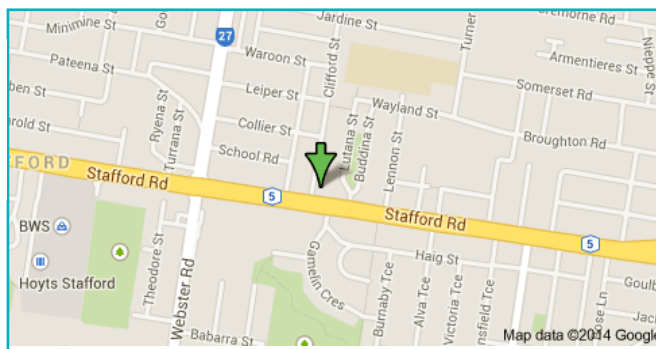


A fun, hands-on approach to learning self-control

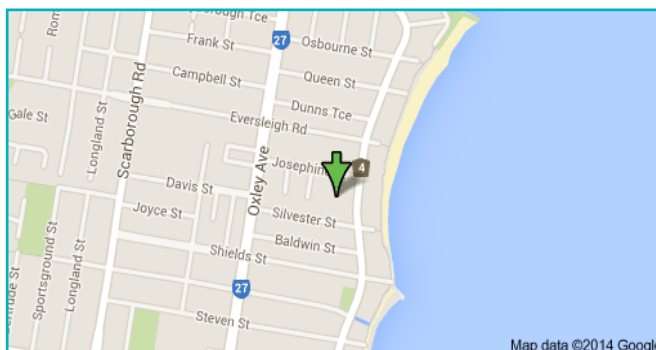


Young Minds
Child & Adolescent Psychology

Minds4Health
Adult & Adolescent Psychology



7 Clifford St, Stafford



61 Prince Edward Pde, Redcliffe

Our other clinics are located at:

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HUNTER AND HIS AMAZING REMOTE CONTROL

By Lori Ann Copeland
www.YouthLight.com



A program designed to teach self-regulation skills to 6-8 year olds

Ph: 3857 0074 to reserve a place on our next program

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About the Program

Hunter and His Amazing Remote Control six session program focusses on teaching children the skills for self-regulation: the ability to monitor and control their own behaviour and focus on what is important at the time.

Facilitators progressively introduce children to the different buttons on their own "personal remote" through direct teaching and modelling, before providing the children structured and play-based opportunities to "try out" their new skill.

Caregivers are also educated on the content explored each session and given suggestions on how they can best support their child to apply each skill in their own environment.

This is an experiential learning experience that has received a lot of great feedback from both parents and the kids who attend.

What age group is suitable for this program?

This program has been developed with children aged between 6 and 8 years in mind.



Session topics

Week 1 - Introduction to the program and the "Channel Changer" button (Ignoring distractions and staying on task).

Week 2 - "Pause" and "Fast Forward" buttons (Impulse control and prediction of consequences).

Week 3 - "Rewind" button (Reflection on actions and future problem solving).

Week 4 - "Slow Motion" button (Move slow and calm down).

Week 5 - "Coach" and "Zapper" buttons (Growth Mindset and positive self-talk).

Week 6 - "Way to Go!" button (Self-awareness and acknowledgement of achievement).

Register your child in the program by contacting the team at Young Minds

Phone: 3857 0074

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