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CHOICES

CHOOSE YOUR OWN ADVENTURE!



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CONFIDENT HAPPY OPTIMISTIC INDEPENDENT CALM EMPOWERED SOCIAL

CHOICES is a group program based on Cognitive Behaviour Therapy principles which aims to encourage the development of social skills, emotional self-regulation, and resilience in children aged 8 to 11 years.

Similar emotional education programs are typically linked to positive developmental outcomes with respect to social competence, behaviour, self-esteem, school engagement, and academic performance.

The program consists of 8 sessions during which children learn a variety of skills to:

- Identify and understand their own and others' feelings (empathy);
- self-calm and relax to cope with unpleasant emotions;
- be friendly and caring towards others, and develop social skills;
- recognise positive and negative ways of thinking;
- solve problems when things don't go to plan!

CHOICES is facilitated by Young Minds psychologists and uses evidence-based approaches to teach concepts and skills through experiential activities, group games, and stories.

At the beginning of the program, children receive a passport and each week they embark on an interactive adventure where they collect stamps to signify the 'fictional' location visited and the new skills that were learnt.

The aim of the CHOICES program is to empower children to recognise that they are in control of their thoughts, feelings and actions, and can make choices based on more positive coping strategies.

The CHOICES program also includes a joint parent-child activity at the end of every session. The parent-child activity is designed to inform parents of the skills their child is learning and ways they can support them in applying these skills to daily life.

Reinforcing the use of your child's newly acquired skills is an important aspect of the program as children rely heavily on their caregivers to help them apply the skills to cope with challenges and difficulties.

PROGRAM OVERVIEW

Session 1 THE ADVENTURE BEGINS!

Introduction & Getting to Know Each Other

Session 2 A FLIGHT TO FEELINGS FOREST

Learning about Emotions

Session 3 A RELAXATION RIVER RIDE

Self-calming & Relaxation Techniques

Session 4 A TREK TO THINKING-VILLE

Thinking Styles: Positive & Negative Thinking

Session 5 A CRUISE OVER CHANGE CANYON

Positive Thinking Strategies

Session 6 A DAY IN THE DESERT OF DILEMMA

Problem-Solving

Session 7 AN OUTING IN SOCIAL CITY

Friendships, Support Networks & Helping Others

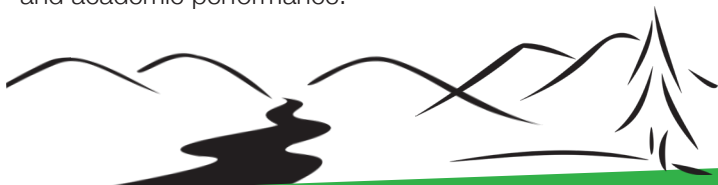
Session 8 A BEACH PARTY!

Review, Celebration & Graduation!

**Please contact us for further information
and to register for the program.**



Appointments can be
made by contacting Young Minds Network
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