

Confident. Stronger. Better.

Empowering Children to thrive in today's world

BUILDING BETTER TERM PROGRAM THROUGH RHYTHM AND REFLECTION

SOCIAL AND EMOTIONAL PROGRAM USING DRUMS



**RHYTHM2
RECOVERY**
TRAINED
FACILITATOR



RELATIONSHIP &
EDUCATION SERVICES



Program Overview

Tuesdays during Term 4
4:00pm - 5:00pm

Building Better Programs through Rhythm and Reflection combines experiential rhythmic music with cognitive reflection to deliver dynamic programs, that utilise fun and engaging rhythmic musical activities to support social and emotional development. Based on the latest neuroscience research, this approach has been shown to support increased emotional regulation, improved social connection and reduced levels of anxiety and other elements of psychological distress. Building Better Programs through Rhythm are empowering, interactive and fun for children to live healthier and happier lives.

- ☒ **Build better** social connections
- ☒ **Build better** communication skills
- ☒ **Build better** emotional regulation skills
- ☒ **Build better** awareness and understanding of the issues that impact wellbeing
- ☒ **Build better** and healthier relationships
- ☒ **Build better** brain and body connections
- ☒ **Build better** social and emotional competence, confidence and self-belief

BOOK ONLINE OR CONTACT US FOR MORE INFORMATION

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