



After School Jungle Fun

Mondays at 3.30pm-4.30pm or at 4.30-5.30pm

or

Wednesdays at 3.30pm-4.30pm

Specialised 1-1

Emotional Regulation Support

10 x 1 hour sessions package (NDIS only)



WHOLE BODY SENSORY-MOTOR BURSTS

combined with Interoceptive Awareness Strategies



Bookings: www.themultipotentialites.org

After School Jungle Fun



Hi!

I'm Soetkin - Connection & Rewilding Coach in Bass Coast.

I am offering a limited amount of 1-hour (45min of action & coaching + 15 min of admin time) sessions for Kids & Teens NDIS clients only, to specifically support those Kids & Teens who tend to have before or after school meltdowns & difficulties regulating their emotions.

These sessions will take place on **Mondays at 3.30-4.30pm or at 4.30-5.30pm and on Wednesday at 3.30pm - 4.30pm in Wonthaggi.**

Kids, Teens and Parents / Caregivers will learn to apply interoceptive awareness coaching & emotional regulation building strategies while doing targeted whole body movements in an especially designed environment.

Parents/caregivers are required to attend at least 15min of the session, so they can be coached into how they can help their kids feel more regulated after school to apply the skills & knowledge into the home situation.

These Whole Body Sensory Motor Burst Sessions are **offered in packages of 10 sessions** for optimal results. They need to be booked and paid for in advance & used within 12 months from first session booking date.

Scheduling sessions can be done on a twice a week, weekly or fortnightly basis.

There are only 3 spots available each week.

Email **Soetkin** if you're keen to purchase a package for your Child or Teen: so@themultipotentialites.org

Please **subscribe to our Newsletter** on the website, to be kept in the loop about updates to our events and offerings (frequency of mailings is about 4 to 6 x per year)

www.themultipotentialites.org