


super heroes get ready for school

● School Readiness Group



BAM!



The **School Readiness** program is for kids **4 – 6 year old** to help them develop a range of social behaviours for the early years of school. The group provide an enjoyable environment that uses stories, interactive games and activities, sensory play to help young children successfully prepare and transition to school.

- Fine motor skills
- Correct sitting postures and building capacity
- Core strength and shoulder stability
- Handwriting and grip improvement
- Greeting others
- Taking turns and waiting
- Sharing and understanding rules
- Winning and losing
- Coping with teamwork
- Following instructions
- Coping with making mistakes
- Making friends and having conversations
- Recognising and understanding their emotions
- Social problem solving and flexible mindset
- Developing positive behaviours and resilience
- Developing the skills to understand different perspectives
- Recognising their personal strengths



BAM!



BAM!

Our school readiness group is a one week intensive program

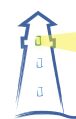
10 – 14 January 2022 from 10am – 12.30pm

Group numbers are limited with **6 – 8 kids per group**

For more information call

Lighthouse Health Group on 9439 3480 or Kite Centre 9056 1919

lighthousehealthgroup.com



Lighthouse
HEALTH GROUP