



# Resilient Kids Online

## Overall aims

This group focuses on helping your child to develop positive coping strategies, to bounce back when life gets tricky and make friends along the way! Resilience is all about Bouncing Back when things go wrong or when we experienced difficult feelings.

## Who is this group for?

This group is ideal for all children in year 4 -year 6 with a maximum of 4 participants in a group.

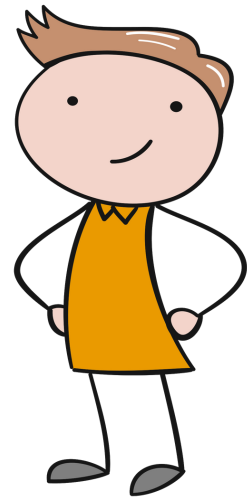
## What will I need

Laptop/computer/tablet to access Zoom

Space to move

Blank paper

Coloured markers/pencils



If you are unsure whether this group is right for you, contact AIM Therapy

[hello@aimtherapy.com.au](mailto:hello@aimtherapy.com.au) or 08 6150 8339