



## FOR CHILDREN'S WELLBEING

### Interactive Wellbeing Program

A magical 9-week program of social and emotional learning for children aged 5-9 yrs.

Chakradance Kids™ is an interactive Social and Emotional Learning (SEL) program designed to assist children of primary-school age with lessons, tools and skills that will help them to navigate life's challenges with greater understanding of themselves and others, and build resilience.

9 lessons, each using a carefully-structured mix of stories, music, movement and creative art.

The stories have been written to teach important life lessons in ways that kids can understand, and find engaging. They then get to 'feel' their way into each story by embodying the characters in a music and movement session, before expressing their feelings about the story in a piece of creative art.

Relaxation and emotional self-management techniques such as belly-breathing and mindfulness are also taught in these classes.

UNIQUE STORIES | GUIDED MOVEMENT | EXPRESSIVE ART



## ABOUT YOUR FACILITATOR

Hi! I'm Bronwyn, owner of Ray of Sunshine Wellbeing for Kids, kids yoga teacher (Rainbow Yoga and Zenergy Yoga trained), qualified facilitator of Chakradance Kids™ and also mum to two primary aged girls.

I'm excited to be bringing the Chakradance Kids™ wellbeing modality to Gold Coast children. The magic of imagination, story-telling and expressive movement and art is so valuable for kids to start the connection with their inner-selves.

If we can nurture the connection between mind, body and soul from a young age and plant the seed for mindfulness, we're laying down the foundations of a toolkit to guide our young ones through their growth journeys in life.



## CONTACT

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chakradance™  
KIDS

Schools Guide





## NAGA'S CURSE THEMES

Classes follow the same format each time, and each class focuses on a different theme and learning experience. This 9-class series is woven around the story of a friendly dragon called Naga, who unfortunately has forgotten who he is. Class by class, the kids help him to remember who he is, while learning important lessons about themselves along the way.

**Class 1:** Introduction to Naga

**Class 2:** Learning to trust instincts

**Class 3:** Learning to manage emotions

**Class 4:** Self-confidence and self-esteem

**Class 5:** Compassion and kindness

**Class 6:** Speaking our truth

**Class 7:** Imagination and dreams

**Class 8:** Self-awareness

**Class 9:** Integration and celebration



## WHY CHOOSE CHAKRADANCE KIDS™?

The Chakradance Kids™ program supports learning and wellbeing by:



Building skills - listening, communication, problem solving, metacognition, imagination and nurturing creativity.



Multi-modal learning - combination of auditory, somatic and creative experiences leads to much deeper, more engaged and long-lasting learning.



Fun and interactive whilst addressing social and emotional issues.



Supports mental wellbeing - empowering children with tools for life.

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## CLASS OPTIONS FOR SCHOOLS

### IN SCHOOL PROGRAMS

Would you like Chakradance Kids™ at your school? This 9 class program fits perfectly within a school term and is easily applied to the curriculum. The current program is applicable for 5-9 year olds. Classes can be adapted to 30-40mins.

### ONE-OFF WORKSHOPS OR SMALL GROUPS

A one-off wellness workshop can introduce students to the main elements of class and the central character Naga. Students will receive full benefits working through the 9-week program and full suite of stories and themes. Chakradance Kids™ can be made available for small groups. Please enquire.

### AFTER SCHOOL PROGRAM

The program runs for 1hr per week for 9 weeks of the term and can be offered as an extra-curricular activity at your school - adding to your offering and convenience for parents. Please get in touch if you have a suitable room or space available for hire. Check out our website for programs running after-school in your area.