



SKILLBUILDERS GROUP PROGRAMME

GETTING ORGANISED

For Ages: 6 – 8 years

Skillbuilders Therapy offers a specialised group designed and led by our Occupational Therapists to enhance children's organisational skills at home and school. Participants will explore key topics such as:

- Self Regulation: where they learn to filter distractions, and to develop coping and calming strategies
- Problem solving: focused on goal setting, problem solving scenarios, recognising errors and correcting them
- Flexible and positive thinking

This engaging programme fosters essential life skills to empower children in their everyday environments.

For more information, please contact us on (08) 9332 2223

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