



SKILLBUILDERS GROUP PROGRAMME

# MINDFUL MOVEMENT

For Ages 8+

Discover our Mindful Movement programme at Skillbuilders Therapy, led by our experienced Occupational Therapists.

This engaging group helps children utilize movement, breathing, mindfulness, and positive thinking to effectively calm and regulate their body and brain. Through a focus on interoception, children develop a deeper awareness of their internal body sensations, empowering them to manage their emotions and well-being with confidence.

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