



SKILLBUILDERS GROUP PROGRAMME

REGULATION EXPLORERS

Aged 5 – 7 or Aged 8 – 11

At Skillbuilders Therapy, our Regulation Explorer programme, designed by experienced Occupational Therapists, combines innovative approaches such as 'Ready Rocket', 'Alert Programme', and sensory processing techniques.

We focus on fostering self-regulation and emotional awareness through engaging activities that adapt to the unique needs of each child. Our goal is to empower children with the skills they need to thrive in both school and home environments.

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

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