

VARIETY SHINE INTENSIVE PROGRAM JANUARY 2020



Positive Self Esteem and Mindfulness Program

5 - 12 Years

This program is for children with low self-esteem and anxiety. These children often can be apprehensive to speak, concerned about making mistakes, or thinking they are never good enough at school. The program aims to change their attitude and show them they can be successful. It improves resilience in a non-threatening, positive and fun filled environment. The program is based on YOU-CAN-DO-IT and MINDFULNESS. The work done here is low level experiences, not confrontation, with many rewards.

RUNS AS

Small group of 3 to 5.

REQUIREMENTS

Reports indicating this is a problem area and a high priority.

TEAM

This program is run by a range of interventionists and is overseen by a team of Occupational Therapists, Speech-Language Interventionists, and with input from our Psychologists.

To see more about our **eligibility criteria**, please visit the [Variety SHINE Intensive Program Eligibility Page](#).

For further information please visit the [Variety SHINE Intensive Program 2020 Application Form](#).