Life Skills Group offer interdisciplinary HPE / SEL / Mindfulness / Wellbeing and accredited Professional Development (BOSTES) programs that are non competitive and curriculum based.

**A sports program with a holistic approach to schools.**

Our fundamental movement programs focus on physical, social, emotional and attentional self regulating strategies and skills, developed to systematically **cultivate wellbeing, resilience and lifelong learning**, providing healthy skills for your students physical, social, emotional and mental wellbeing.

Through cross-sectional research and validated classroom pedagogies, we combine

* **Fundamental movement** / **games** / **yoga** / **mindfulness** and **FUN**
* Positive psychology
* Cognitive affective neuroscience with scientifically proven **mindfulness activities** and
* Solid research into child development and **social emotional learning**

Our programs teach students how to:

* Build resilience
* Develop self regulation
* Increase self awareness
* Practice positive relationship skills
* Strengthen problem solving skills

Our programs also address issues such as **childhood obesity, bullying, peer pressure, negative body image, family breakdown, stress and performance anxiety issues** commonly faced at school.

All programs include;

* Provision of fully screened, qualified and professional staff
* Weekly awards and end of term certificates
* Class plans, assessments and outcomes
* **Free family Day**
* Individual reports at the end of term
* Set up and supply of quality equipment
* BOSTES accredited 8 hours to Proficient Teacher level for your staff
* Certificate of currently $10 million Public Liability Insurance

For more information please visit our website at: [www.lifeskillsgroup.com.au](http://www.lifeskillsgroup.com.au)

Please click through to view what the students think of the program: <https://www.youtube.com/watch?v=Va01Ol0D5CY>