

WISE-UP

FOR KIDS AGED 8-10 YEARS
8 WEEK PROGRAMME
1HR SESSION PER WEEK

Life skills programme for 8-10 year olds

Wise-Up is a life skills programme supporting children to recognise feelings and emotions, and explore new and different ways of dealing with these. Workshops are also offered to support and inform caregivers of the children attending the programme.



WHAT CAN WISE-UP DO FOR MY CHILD?

- Build **self esteem** and **confidence**
- Help them to see their strengths and find what makes them **happy**
- Provide them with strategies to cope when they are **feeling anxious** and worried
- Equip them with new tools to **manage hard emotions** such as frustration and anger
- Help them identify their own and other people's emotions

PARTICIPANTS NEED TO BE:

- Willing and able to engage in a group environment
- Have parents that are willing to be involved in the Parent Workshops
- Experience low-moderate levels of anxiety, or would benefit from learning about their emotions and how to manage them

For more information or to enrol your child, contact
CMM Group Programmes Coordinator Kylie Morel:



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www.mmsi.org.nz



Facebook: WiseUpCHCH

**Our next community Wise-Up will be held at the
Christchurch West Methodist Parish (Upper
Riccarton) from the 6th May 2025.
Tuesdays @ 3.45pm for 8 weeks.**

**Get in touch with Kylie to secure a spot for your
child.**