

KATCH 'STRENGTH – BODY & MIND' PROGRAM FOR YEAR 6, 2022

Coach Kat has designed an 8 Hour Course for your child
to reduce anxiety and enjoy the Year 7 journey

BOOK: www.katchnetball.com.au

	Year 6 COURSE	VENUE	TIME	MAX	COST
SUN 4 DECEMBER & SUN 11 DECEMBER	YEAR 6 into YEAR 7 Course Strength – Body & Mind	GADEN RESERVE Woollahra	2pm – 6pm 2pm-6pm	14	\$150
OR					
SAT 21 JANUARY 2023	YEAR 6 into YEAR 7 Course Strength – Body & Mind	GADEN RESERVE Woollahra	9am – 5.30pm	14	\$150

- ✓ Perfect for Year 6 students preparing for High School
- ✓ Perhaps not for the Alpha personality!
- ✓ Venue: GADEN RESERVE Community Building
Cnr of Edgecliff Rd/Queen St.
- ✓ 64 Holdsworth St, Woollahra
- ✓ Fee: Includes raffle prizes, afternoon tea, NOTES, prof Yoga instructor

BUILD RESILIENCE, INTEGRITY, CONFIDENCE, SOCIAL SKILLS

Role-Play in various social settings.

Practise making conversations when meeting new people.

Discuss the importance of body language

How to react if dealing with difficult classmates

LEARN COPING MECHANISMS for STRESS: YOGA, PILATES, 5 x min MEDITATIONS

All of the above will help with anxiety

HOW-TO STUDY & PLAN each school term without cramming