



OSHC INCURSION

Actively Balanced Kids (ABK) is a local children's program designed by a child psychologist and medical researcher to help children learn fundamental skills to improve their wellness, self-regulation, self-confidence and build resilience. We have developed a fun, one and a half hour incursion experience specifically for OSHC's divided into 3 amazing activity areas:

MENTAL WELLNESS AND YOGA

Learn basic yoga skills, and poses, and incorporate these into a story. Have fun playing yoga games such as 1,2,3 yoga tree and yoga Rock Paper Scissors.

We will also explore breathing and self regulation techniques, including progressive muscle relaxation and mindfulness. Children will receive breathing and mindfulness objects to take home to reuse again.

ATHLETICS AND GAMES

Try out a fun obstacle course, play parachute games and other fun group games to keep you active and moving, in a non competitive and supportive environment.

These activities encourage communication and teamwork skills, as well as building problem solving skills and inspiring children to have fun while being active.

CREATIVITY

Children will channel their creativity, making a windmill to complement the breathing activities.

They can also choose an additional activity that embraces their creativity and individuality, and fits with our ethos of active and balanced.

Additional activities include options such as making a puzzle, squishy, sweat bands, Rubik's cube or pencil case or their own kite!





WHAT DO WE PROVIDE?

- We provide children with one and a half hours of skills, based on being both active and balanced
- 4 instructors are provided per incursion
- All sporting and yoga based equipment
- All creative activities made to take home
 - Yoga, Mindfulness and breathing guides and materials to take home
- ABK bag to place everything in.

WHAT DO WE NEED?

- Tables and chairs for the activities based element.
- An open outdoor space in which to complete the athletics/games and yoga
- Lots of enthusiastic kids
- Children will need to bring a hat, water bottle and have applied sunscreen, closed in shoes also work best.

PRACTICALITIES

- Up to 60 students can engage in the program at once.
- Children will be split into three groups and rotate between the activities for 30 minutes at each activity.
- Cost is \$13.50 per participant and includes a generous take home bag.

CURRICULUM BASED EDUCATIONAL AND DEVELOPMENT OUTCOMES

Our program is tied in with the Australian Curriculum under the personal and social capability areas of self management, self-awareness and social management.

CONTACT US!

To find out more or discuss your OSHC's needs visit our website at <https://activelybalancedkids.com.au> or contact us at either hello@activelybalancedkids.com.au or 0421 677 247.

ABK is a COVID safe program and complies with all school COVID safe directions.

