



**brightstart**  
THERAPY

# COOL, CALM, KIDS

LEARN HOW OUR  
ENGINES RUN

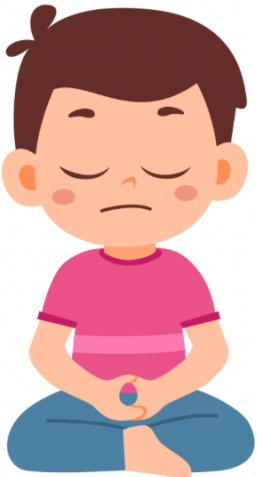
DEVELOPING  
CONFIDENCE &  
EMOTIONAL  
INTELLIGENCE

SUPPORTING  
EMOTIONAL  
REGULATION AND  
COPING SKILLS

HELPING KIDS  
BECOME MORE  
AWARE OF THEIR  
SELF IN ORDER TO  
FUNCTION

LEARN ABOUT  
THE ZONES OF  
REGULATION

DEVELOPING OUR  
OWN EMOTIONAL  
TOOLBOX



STRATEGIES FOR  
MINDFULNESS,  
SENSORY INTEGRATION,  
MOVEMENT, AND  
HEALTHY CONNECTION  
WITH OTHERS



**REGISTER NOW**  
**P. 9785 7279**

**E. CONTACTUS@BRIGHTSTARTTHERAPY.COM.AU**