



STARS *connect*

5 week In-School Program Primary | Intermediate

Our fun and active STARS program is designed to create a safe learning space where students learn key life skills through movement and teamwork

PROGRAM DETAILS:

Class Size: 12–30
Age Group: School Year 5-8
Duration: 1 hour
Optional Add-On:
Journal: allow an extra 15 minutes

PROGRAM FOCUS:

- Self Management
- Teamwork
- Aroha
- Respect
- Success

LEARNING OUTCOMES:

- Growing Healthy Bodies
- Self-Awareness
- Teamwork
- Active Learning
- Sense of Accomplishment

FURTHER INFORMATION:

Contact: Lisa McCarron - Connect Coach
KIDS Yoga Pod Ltd
Phone: 021 514 561
Email: lisa@kidsyogapod.co.nz
Web: www.kidsyogapod.co.nz

Supporting how our young people
relate to others and helping them
problem solve, builds resilience