



PRIMARY SCHOOL TEAM BUILDING AND MOVEMENT

This fun, active team building programme is designed to create a safe and interactive learning space for our Tamariki. Students will learn and experience different types of team building exercises and build on self management skills.

AGE GROUP:

School Year 3-6

GROUP OPTIONS:

12 student

24 students

*Classroom and Teacher(s) includes 2 follow up classes and school kit

PROGRAMME DETAILS:

4 -week program (4 hours total)

- KINDNESS – caring / sharing/ inclusion
- TEAMWORK – working Together Everyone Achieves More
- BALANCE/STRENGTH – growing our mental and physical health / self care
- RESILIENCE – bravery / belief / courage

OUTCOMES:

- teamwork
- navigation
- success
- active learning
- FUN
- inclusive
- growing healthy bodies
- self care

FURTHER INFORMATION:

Contact Lisa McCarron – Connect Coach,
KIDS Yoga Pod Ltd ©
(021) 514 561

lisa@kidsyogapod.co.nz

kidsyogapod.co.nz

Version 4 July 2024

*"Supporting how our young people
relate to each other, and helping them
problem solve, builds resilience"*

