

team building

SCHOOL CONNECT Active Learning • Movement • Team Building

This FUN movement programme is designed to create a safe and inclusive learning space for our young people to connect and grow working together.

AGE GROUP:

School Year 0-13

PROGRAMME DETAILS:

3-week program (3 hours total)

- BRAVERY – having the courage to “try something new!”
- TEAMWORK – inspiring others to work together
- BALANCE – growing mind and body health / self care

GROWTH OUTCOMES:

- Collaboration
- Confidence
- Communication
- Navigation
- Problem solving
- Social skills
- Self care

FURTHER INFORMATION:

Contact Lisa McCarron – Connect Coach,
(021) 514 561
lisa@kidsyogapod.co.nz
kidsyogapod.co.nz

Version 1 July 2025



*"Supporting how our young people
relate to others, and their ability
to problem-solve together, helps
build their resilience."*

