



Actively Balanced Kids
is running a program for Graceville SS Students!
In Term 3

We will be at the netball courts next to the school on a Monday afternoon.

Children can be picked up by our instructors and brought over to the program which will run till 4.00 pm.

ABK teaches self-regulation, communication, resilience and coping skills, with an emphasis on having fun and improving your child's confidence.

ABK incorporates team games, athletics, yoga, relaxation strategies, mindfulness and breathing in a non-competitive safe and supportive environment.

Register for the program or for a **Free Trial** at
<http://activelybalancedkids.com.au>