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BACK BY POPULAR DEMAND

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# POSITIVE ME CAMP

*An enriching and joyful learning experience that your child will remember for life.*

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**3 days of Immersive Positive Education that will help your child develop Concentration, Confidence, Resilience & Positive Lifelong habits that will foster their academic progress and character development.**

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**This highly popular holistic program has had more than 40 runs in the past 10 years!**

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**Harness your child's physical, emotional, psychosocial & mental faculties so that they will FLOURISH in Life.**

The Positive Me Camp offers innovative experiences for children to learn to tap into their creative minds. Children will participate in various age-appropriate, fun and stimulating activities combining Applied Positive Psychology, Neuro-Linguistic programming (NLP) and Kids Yoga. Young learners will pick up very important life skills to promote well-being, learn how to be calm, deal with frustrations and anxiety and train their ability to concentrate for longer periods of time.

Music, games, and creative drama are infused into the programme to create meaningful associations and encourage children to find and express their authentic voices and self-expression. This provides opportunities for them to gain a sense of accomplishment and a feeling of success, which promotes positive self-esteem - leading to improved behaviour and a happier state of mind.

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The Positive Me Camp helps children develop age appropriate TOOLS and SKILLS to cope with life challenges and THRIVE in their learning and development.

**The exercises learnt can be easily applied seamlessly into their daily routine to maximise their full potential**

#### MIND AND BODY FITNESS

“ Explore and discover how our mind and body are interconnected. They are parts of the same system, and each affects the other.

Positive Kids will kick start the day with Brain Booster exercises and Kids Yoga to:

- Enhance focus and concentration
- Build confidence
- Improve coordination
- Increase strength and flexibility

#### EMOTION MANAGEMENT

“ Learn to get quiet on the inside; identify how our body responds to the way we think, feel, and act.

Positive Kids will cool down with Breath Work (Conscious breathing exercises) and Mindful seeing, listening, smelling and movement activities to:

- Increase ability to relax
- Improve self regulation skills
- Respond to stressful situations better
- Increase attention span and improve memory

#### SELF IMPROVEMENT PROJECT

“ Develop the ability to sit back and look inside yourself; and positively recognise the areas of corrections to your actions or attitude that may be necessary.

Positive Kids will end the day with Journalling and Growth mindset practice to:

- Improve performance and motivation to learn
- See the connection between action and result; they can achieve their goals by working hard
- Recognise fixed mindset thoughts and how to replace them with growth mindset thoughts
- Reflect upon the things they're thankful for to increase positive emotions and optimism

*Parents have commented that they wished they had this training when they were in school ...*

