



This summer, indulge your kid into

Spark of Lights

FOR BRAIN DEVELOPMENT



Includes most fun engaging & transforming activities.







Art Therapy



This is an amazing fun therapy which awakens a child's imagination and creativity.

Through Art Therapy, kids learn to address their emotions, communicate and can improve their mental, emotional and physical well-being.

- Paint with fingers while listening to music.
- Collage of things you love.
- Self-portrait (Past, present & future)
- Safe space
- Family clay modelling or portrait.



Creativity Workshop



- Think out of the box.
- What if?
- Imagination Workout
- Fresh out of trash
- Let's create

A very lucrative and fun workshop that encourage and nuture child's creativity, imagination, critical thinking and problem solving skills, enhance self-expression & cognitive development.



Growth Mindset Workshop



Growth mindset helps kids believe that they can develop their skills and talents through effort, persistence and practice.

- Grow- ga (Growth mindset yoga)
- Kindness week challenge.
- Self-awareness checklist
- Goals & Plan of action
- The crumple exercise



Mindfulness Workshop



Mindfulness helps kids to increase focus, attention, self-control, participation, and compassion which improves their academic performance, ability to resolve conflict and overall well-being. It also decreases level of stress, anxiety and disruptive behaviour.

- Grounding (Five senses)
- Deep belly breathing (finger, star)
- Nature meditation
- Notice body sensations, feelings, emotions.
- Mindful eating



Gratitude Activity



Gratitude helps feel positive emotions, relish good experiences, improves health, deal with adversity and build strong relationships.

- Gratitude tree
- Gratitude jar race
- Gratitude cards
- Gratitude stone

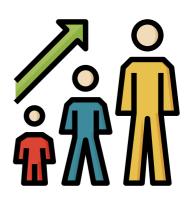


Personality Development Workshop



Personality development helps to increase your confidence, skills, remove stage fear and helps you to be successful and happy in your personal and professional life.

- Self Introduction
- Body Language (basics)
- Dining Etiquette
- Personal hygiene, grooming & dressing sense
- Ramp walk with Introduction



WORKSHOP	SESSIONS	PRICE
ART THERAPY	4	RS. 700
CREATIVITY	4	RS. 600
GROWTH MINDSET	4	RS. 600
GRATITUDE	4	RS. 600
MINDFULNESS	4	RS. 600
PERSONALITY DEVELOPMENT	5	RS. 700

ALL 25 SESSION @ JUST RS.3500/-

EARLY BIRD OFFER

ENROL BEFORE 7TH JUNE ONLY @ Rs. 3500/-

PROGRAM INCLUDES

- Mental health and Personality observation of child.
- Personal reporting to guardian
- Post program follow up
- Parents can seek basic consultation from psychologists
- Preference seat reservation for future programs and workshops.





Contact us for further details:

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