

# HELPING KIDS IDENTIFY THEIR FEELINGS AND LEARN ABOUT MAKING FRIENDS

Growing Taller is a fun, activity-based group for children aged between 6 to 11, who may be showing some of these signs:

- tearfulness
- worrying a lot
- refusing to help with chores at home
- forgetfulness
- teasing and fighting with siblings and friends

Our programme is run each term, with groups of up to eight children. It is important that the children attend all sessions, as each have important lessons.

Children have the opportunity to change the way they see themselves, increase their self-esteem, and learn to identify, express and manage their emotions.

Growing Taller is held at various locations across Otago. Check out our website for current locations and times [psotago.org.nz](http://psotago.org.nz).

**Our next programme is:**

**For further information contact:**

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[psotago.org.nz](http://psotago.org.nz)



**Family  
Works**

# Growing Taller

helping kids be their own best friend



**FamilyWorks**  
PRESBYTERIAN SUPPORT  
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