BOND TO BLOOM

School-based Experiential Well-being Programmes for Children, Parents & Educators

Emotional Regulation · Parent-child Connection · Teacher Well-being








HELPING CHILDREN FEEL SAFE, CONNECTED AND READY TO LEARN

Bond To Bloom provides school-based experiential well-being programmes that support children's emotional health, strengthen parent-child relationships and care for educators' well-being.
Our programmes are suitable for local & international kindergartens and lower primary schools, including schools with diverse, multicultural or non-Chinese-speaking families.
Sessions can be delivered in English, Cantonese or bilingual formats, and adapted to each school's age groups, language backgrounds and community needs.

OUR MISSION

We help children and parents build emotional regulation skills so families can **grow secure, resilient and deeply connected relationships**.
Combining professional social work practice with mind-body integration, we deliver structured, developmentally appropriate and experiential programmes that support the well-being and growth of every family member.

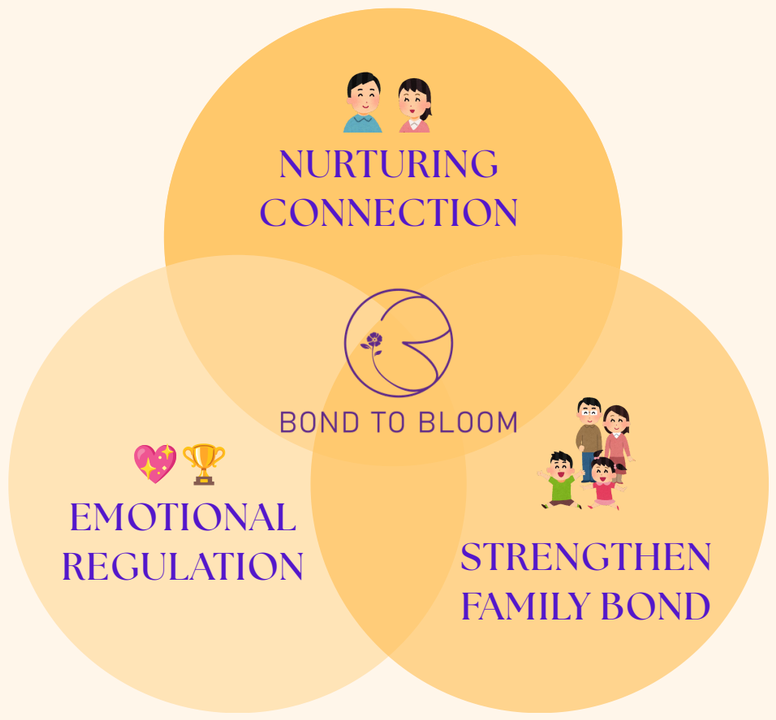
A RELATIONSHIP-BASED MODEL

Learning through connection — not just through lectures.

Every programme is designed and facilitated by a Registered Social Worker, former school social worker and certified well-being practice facilitator

We go beyond the traditional seminar format by integrating:

- child development knowledge
- play-based and therapeutic play elements
- yoga and mindful movement
- mindfulness education
- somatic awareness
- emotional coaching and co-regulation



Through hands-on experiences, children, parents and educators learn practical ways to regulate emotions, build trust and strengthen positive relationships.

Everyday challenges become opportunities for connection, resilience and shared growth.

Bond To Bloom– Support emotionally safe relationships where children, parents, and educators can grow together.

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THE BOND TO BLOOM SERVICES

We build relationship capacity for school communities.

Today's families are navigating increasing stress, emotional outbursts, busy routines, screen-time tensions, language barriers and parent-child power struggles.
Bond To Bloom helps schools provide families with practical, compassionate and evidence-informed support — in a format that is engaging, accessible and easy to bring into daily life.

What Schools & Families Need Today	How Bond To Bloom Responds
Practical tools for tantrums, anxiety & emotional outbursts	✅ Social work-informed strategies with co-regulation practised during the session
Support for daily power struggles	✅ Relationship-centred strategies with Mindfulness & somatic regulation tools
Confidence for overwhelmed parents	✅ Guided learning through theory, practice and reflection
Engaging alternatives to traditional parent talks	✅ Experiential workshops that parents can feel, practise and remember
Structured, time-bound programmes	✅ Standalone sessions, 4-session blocks, 8-session blocks or term-based programmes
Alignment with school well-being and SEL goals	✅ Customisable content supporting SEL, values education & home-school collaboration

WHY PARENT-CHILD RELATIONSHIPS MATTER

Strong parent-child relationships are foundational to children's emotional regulation, resilience and long-term well-being.

- **Emotional safety** helps children feel secure enough to learn, explore and connect.
- **Co-regulation** gives children repeated experiences of calming with a trusted adult.
- Secure attachment strengthens **confidence, empathy and social competence**.
- Positive communication reduces conflict, enhances **resilience** and supports healthier behaviour.
- Connected families create a **stronger foundation for school readiness**, friendships and lifelong mental health.



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A GENTLE BUT HIGH-IMPACT APPROACH

Core outcomes: Emotional Regulation | Parent-child Communication | A Lifelong Secure Bond

Our workshops are not only informative — they are memorable.
Parents and children do not simply listen. They move, breathe, play, create, reflect and connect.
This helps families leave with something practical, emotional and relational that they can continue at home.







DESIGNED FOR SCHOOLS AND YOUNG CHILDREN

⭐ Experiential format that helps parents and children stay engaged
⭐ Suitable for international, private, kindergarten and lower primary settings
⭐ Relevant for multicultural and multilingual school communities
⭐ Can support SEL, values education, well-being weeks and parent education
⭐ Adaptable to age, language, culture and school-based needs
⭐ Facilitated with attention to emotional safety, child development and learning needs

OUR OFFERINGS

Led by a Registered Social Worker and certified well-being practice facilitator
Available in English, Cantonese, Mandarin and bilingual formats

Parents Workshops

Experiential workshops that equip parents and caregivers with practical tools for supporting children's emotions, managing stress and strengthening daily connection at home.

60- 90min | Parents & Caregivers

Parent-Child Workshops

Hands-on activities that bring parents and children together to strengthen the bond, practise co-regulation and create joyful shared experiences.

60- 90min | Parent- Child Pairs

Teacher Workshops

Support for educators in creating calm, focused, and positive classrooms and exploring simple practices that can support both personal well-being and classroom presence.

60- 90min | Educators & School Staff

Children's Groups

Story-based, play-based and movement-based sessions that support children's emotional regulation, focus, cooperation and confidence.

60- 75min | K1- K3 & Lower Primary

Enquiries welcome for school-based programmes, parent education events and family well-being/ family activity days.

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PARENT & CAREGIVER WORKSHOPS

Emotion coaching · Co-regulation · Parenting confidence · Parent well-being

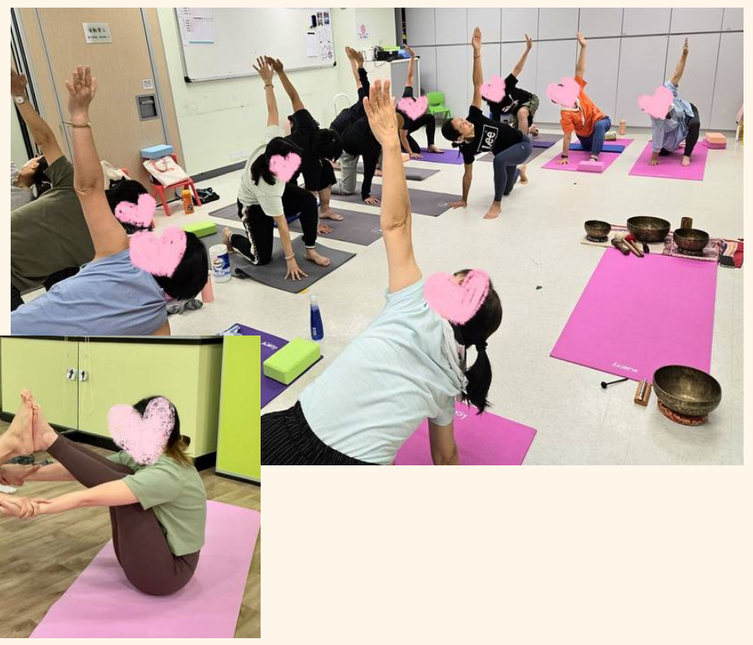
Mindful Yoga for Parents

POPULAR WITH SCHOOLS

A gentle yoga-based workshop that helps parents release stress, reconnect with their inner strength and care for their body and mind.
Parents are guided to reflect on how awareness, balance and self-care can support calmer, more responsive parenting.

Parents leave with:

- simple grounding and breathing tools
- greater awareness of their own stress responses
- a renewed sense of calm and self-compassion



Calm Kid 123

POPULAR WITH SCHOOLS

Through games and child-friendly activities, parents learn simple “breathing magic”, strategies that help children settle emotions, improve focus, relax and release stress.
The workshop supports early emotional regulation, confidence and resilience, while giving parents practical tools to use during daily routines and challenging moments.

Parents learn how to:

- support children through big feelings
- introduce breathing in a playful way
- strengthen connection through calm, shared practice





Somatic Techniques & Sound Bath: Unlocking Your Child’s Calm

PARENT FAVOURITE

Parents learn how to help children feel safe, express emotions in healthy ways and build deeper connection through co-regulation.
The session introduces body awareness and calming strategies, followed by a singing bowl sound bath experience to support relaxation and stress release.

Key outcomes:

- understand emotional safety and body signals
- practise co-regulation tools
- experience deep rest and nervous system regulation





Programmes can be arranged as one-off workshops, themed series or term-based well-being support.

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Eco-Printing ACT

Parents learn the ACT three-step approach to support children's emotional expression, social-emotional learning and positive behaviour.
The workshop helps parents guide children to name feelings, manage behaviour and build emotional awareness at home — extending the school's SEL work and strengthening home-school collaboration.
The second half of the workshop invites parents to slow down through botanical eco-printing, creating space to care for their own "inner garden".

Key outcomes:

- practical emotional coaching steps
- stronger home-school SEL connection
- mindful creative self-care for parents







PARENT-CHILD WORKSHOPS

Connection · Positive Communication · Quality Family Time

POPULAR WITH SCHOOLS

Parent-Child Yoga Fun

Parents and children explore playful yoga poses, partner challenges, breathing games and relaxation together. Through safe and enjoyable interaction, families build trust, attunement and teamwork. Children practise settling their emotions and developing focus, while parents learn simple connection activities to continue at home.

Supports:

- emotional regulation
- trust and parent-child bonding
- focus and social confidence
- joyful family interaction







POPULAR WITH SCHOOLS

Parent-Child Creative Food Art

Families create edible artwork together and discover each other's creativity.
Inspired by the Five Love Languages and 24 Character Strengths, this workshop encourages families to express love, care, appreciation and encouragement in everyday ways.

Supports:

- positive communication
- creativity and appreciation
- warmth in the parent-child bond
- quality family time





Creating shared experiences that families remember and continue at home.

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PARENT-CHILD WORKSHOPS

Play-based Connection for the Whole Family

POPULAR WITH SCHOOLS

Playful Connections: Building Parent-Child Bonds Through Play

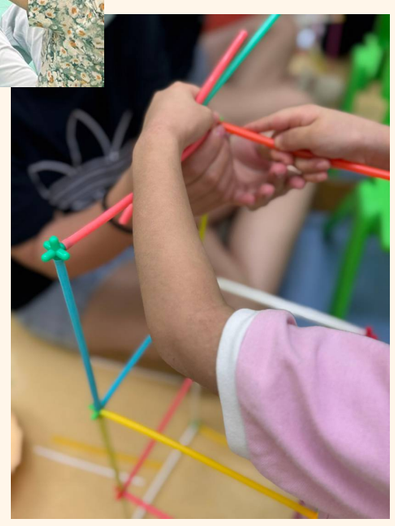
Parents take on the role of a “play partner” and experience simple, low-cost activities that can easily fit into everyday family routines.
Through play-based interaction, parents learn how to bring quality time, undivided attention and joyful memories back into the home.

Families take away:

- easy connection games
- ideas for screen-free quality time
- practical ways to build closeness through play







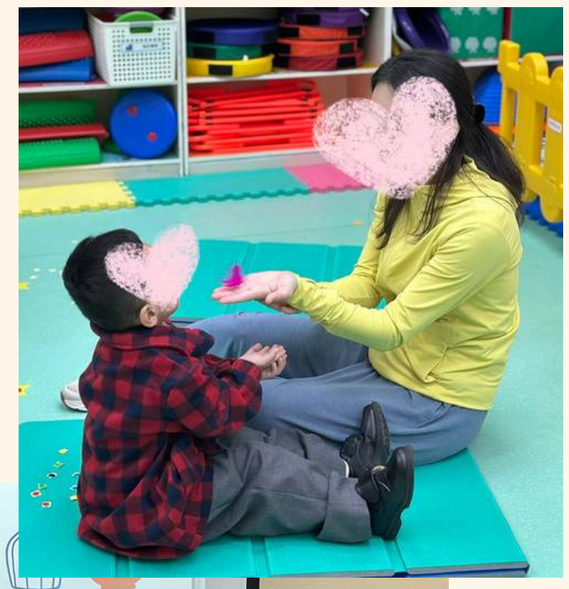
Parent-Child Mindfulness

From Active Bodies to Calm Minds

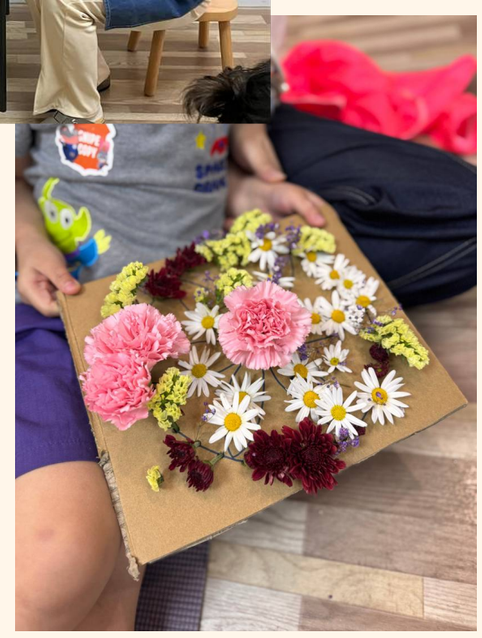
Parents and children move from active to still through breathing, play, creative activities and small partner challenges.
Each activity becomes an opportunity for sensory exploration, emotional awareness, present-moment attention and mutual appreciation.
Children are supported to build self-soothing skills, resilience, social-emotional learning and classroom focus.

Supports:

- self-regulation
- emotional awareness
- resilience
- classroom readiness
- parent-child attunement







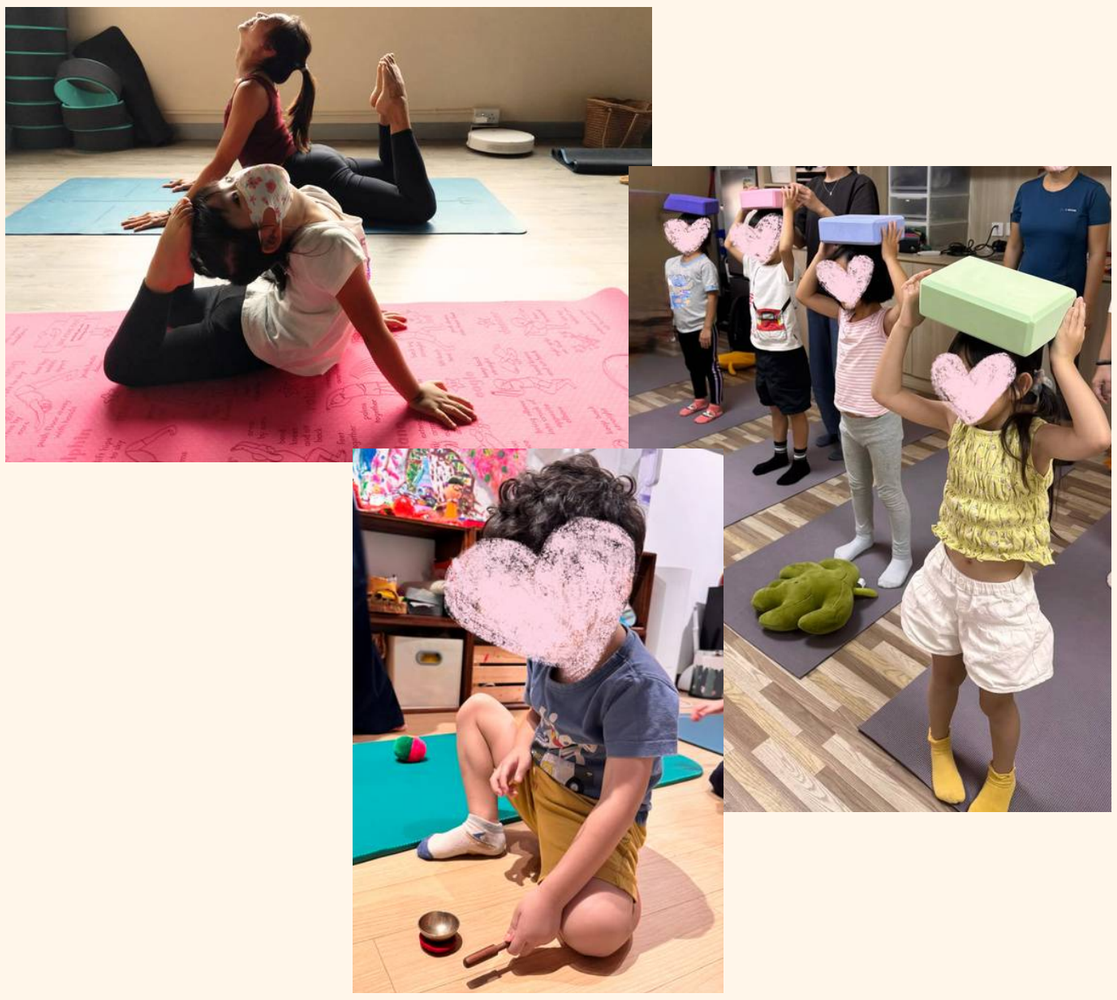
Gentle, playful and developmentally appropriate well-being support for young children.

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CHILDREN'S MINDFUL YOGA GROUPS

Suitable for: K1–K3 and lower primary students
Format: 4 sessions / 8 sessions / term-based programme
Adaptable to school needs



Through story missions, games and yoga poses, children explore imaginative roles such as little trees, butterflies and brave lions as they stretch their bodies and practise balance, coordination and focus.

Sessions include breathing practice, short mindfulness tasks and age-appropriate character education, such as patience, gratitude, self-discipline and self-care.

Children are supported to develop:

- emotional regulation
- body awareness
- focus and attention
- confidence and cooperation
- social-emotional skills
- a calmer readiness to learn

TEACHER TRAINING & STAFF RETREATS

Stress Management · Body Awareness · Mindfulness · Educator Well-being

Building a Calm, Focused and Positive School Environment

Teachers learn foundational somatic awareness techniques and practical grounding tools that can support calmness, focus and emotional safety in school settings.
The session concludes with a singing bowl sound healing experience for deep relaxation.



Mindful Yoga Stretch & Release

Gentle yoga stretching to release physical tension, calm the mind and restore balance and energy.
Suitable for staff development days, teacher well-being afternoons and retreats.



Mindfulness with Flowers and Herbs

A sensory mindfulness experience using flowers, herbs and natural elements to help teachers slow down, breathe and reconnect with calm awareness during a busy term.





Tailored Teacher Well-being Training and Retreat Days

Programmes can be designed around your school's priorities, calendar and staff needs.

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FOUNDER & LEAD FACILITATOR — MISS VICKY



Registered Social Worker
Former Kindergarten and Primary School Social Worker
Founder & Facilitator of Bond To Bloom

Miss Vicky has extensive experience designing and facilitating programmes for kindergartens, primary schools, families, parents and community organisations.
Her work integrates professional social work practice, child development knowledge, therapeutic play elements, yoga, mindfulness and body-based well-being approaches.

She is passionate about creating emotionally safe spaces where children, parents and educators can feel supported, connected and empowered.

Professional Qualifications

- Registered Social Worker
- Former Kindergarten and Primary School Social Worker
- Child-centred Play Therapy Practitioner
- Senior Yoga Teacher, RYT 500
- Singing Bowl Healing Therapist
- Mindfulness and Meditation Facilitator
- Certified Personality Dimensions® Level 1 Trainer
- WWF® Nurturing Happiness Facilitator





TRUSTED BY SCHOOLS AND COMMUNITY ORGANISATIONS

BRING BOND TO BLOOM TO YOUR SCHOOL COMMUNITY

For parent education, family engagement, children's SEL groups or teacher well-being programmes, we would be happy to tailor a format to your school's needs.

Enquiries welcome
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