



**SUNSHINE CIRCLES®** is an evidence based, social-emotional development group. Sunshine Circles are adult-directed and structured, but rather than talking, the educator leads playful, cooperative and nurturing activities. Sunshine Circles can very quickly and dramatically improve the quality of the classroom and provide educators with resources to maintain an emotionally positive and cognitively enriched environment.

**SUNSHINE CIRCLES** is a group based on Theraplay® principles ([www.theraplay.org.au](http://www.theraplay.org.au)) that focuses on the social and emotional development of children. Sunshine Circles gives children an opportunity to practice their self-regulation skills, co-regulation skills and to feel encouraged to have a go at achievable challenges. Educators lead playful, cooperative and nurturing activities to create an atmosphere of fun, caring, acceptance and encouragement. The goal is to enhance children's social, emotional and cognitive development.

Children generally embrace the three rules of Sunshine Circles...and carry them with them throughout the day.

### **No Hurts, Stick Together and Have Fun!**

**SUNSHINE CIRCLES** provides educators with the resources to maintain an emotionally positive and cognitively enriched environment:

- Enhance trust of others through concrete, personal and positive experiences
- Help children with regulatory disorders and tactile issues
- Simultaneously address cognitive, social and emotional development

**SUNSHINE CIRCLES** strives to:

- Create an atmosphere that is warm, nurturing, engaging and challenging
- Meet the basic needs of children so they can be freed emotionally to explore their world
- Promote warm relationships between children and adults and friendships among peers
- Engage hard-to-reach children
- Bring fun and exuberance into the lives of children
- Place emphasis on cooperation between children
- Encourage children to learn and practice self- control

*For further information please contact our friendly  
Theraplay Team on 1300 77 33 52*



See YouTube video:  
<https://bit.ly/nexussunshinecircles>