

Kids' Fun & Wellness Workshops

by Counseling with Riya

Creative, playful, and meaningful experiences designed for different age groups.

1. Feelings Through Colors (Ages 5–8)

Duration: 60 minutes | **Ideal Group Size:** 8–15 | **Mode:** In-person strongly recommended

Covers: Emotional expression through art, exploring feelings, and building self-awareness.

Experiential Element: Guided art and storytelling activities to help children express their emotions.

Outcome: Kids learn to recognize and express emotions in a safe, fun way.

2. Story Explorers: Theatre for Confidence (Ages 7–10)

Duration: 75 minutes | **Ideal Group Size:** 10–20 | **Mode:** In-person preferred

Covers: Self-expression, confidence building, and empathy through performance.

Experiential Element: Interactive theatre games and storytelling activities.

Outcome: Kids boost their confidence, creativity, and ability to collaborate.

3. Rhythm & Resilience: Music for Emotions (Ages 9–12)

Duration: 60–75 minutes | **Ideal Group Size:** 10–25 | **Mode:** In-person preferred (can adapt online)

Covers: Using rhythm and music as tools for emotional release, connection, and joy.

Experiential Element: Group rhythm, music-based games, and guided relaxation with sound.

Outcome: Children build teamwork, resilience, and emotional awareness through music.

4. Superhero Mindset Lab (Ages 8–12)

Duration: 60 minutes | **Ideal Group Size:** 10–20 | **Mode:** Virtual & In-person

Covers: Growth mindset, resilience, and problem-solving.

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Transforming Wellness, One Workshop at a Time.

Experiential Element: Creative activities that help kids design their own strengths and coping strategies.

Outcome: Kids build confidence and learn how to face challenges with a positive mindset.

5. Teen Talk Through Theatre (Ages 13–16)

Duration: 90 minutes | **Ideal Group Size:** 12–25 | **Mode:** In-person strongly recommended

Covers: Exploring real-life issues (peer pressure, self-image, stress) through performance and discussion.

Experiential Element: Role-play and interactive theatre exercises.

Outcome: Teens develop empathy, communication skills, and healthy ways of expressing themselves.

6. Journals & Joy: Creative Writing for Self-Discovery (Ages 11–15)

Duration: 75 minutes | **Ideal Group Size:** 8–20 | **Mode:** Virtual & In-person

Covers: Expressing thoughts and feelings through stories, poems, and journaling.

Experiential Element: Guided writing prompts and collaborative storytelling.

Outcome: Kids enhance self-expression, creativity, and reflection skills.

7. Mindful Movers: Dance & Relaxation (Ages 6–10)

Duration: 60 minutes | **Ideal Group Size:** 8–20 | **Mode:** In-person preferred

Covers: Movement, mindfulness, and stress release through play.

Experiential Element: Guided dance, movement games, and relaxation activities.

Outcome: Kids release energy in fun ways while learning to calm and center themselves.

8. Creativity Carnival: Arts & Crafts for Team Spirit (Ages 7–12)

Duration: 90 minutes | **Ideal Group Size:** 10–25 | **Mode:** In-person strongly recommended

Covers: Creativity, collaboration, and imagination through hands-on activities.

Experiential Element: Group-based craft activities to design and build together.

Outcome: Kids develop teamwork, imagination, and a sense of accomplishment.

Why Choose Counseling with Riya?

- **US-trained Counselling Psychologist** with Bachelor's + Master's in Psychology
 - **Global expertise, adapted for today's children** in the Indian context
- **Fun, interactive, and science-backed workshops** that kids love and parents trust
- **Flexible formats:** Can be conducted offline in classrooms/communities or online with engaging adaptations
- **Safe & supportive environment** where children can express, explore, and grow



Get in touch for school tie-ups, community events, or bookings:

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