

From Pain to Power:
**Supporting Your
Child's Journey from**

Overwhelm to Resilience

25 - 26 October 2025

Programme Highlights

Day 1: From Pain to Power

We begin with heart and purpose—welcoming families and schools into a space of emotional safety, rhythm, and renewal.

The Breakthru **3P.L.A.Y.** approach comes alive as we explore:



Presence to Pause

Noticing stress signals & choosing intentional responses



Listen

Tuning in beneath behavior to hear the emotional need



Acknowledge to Affirm

Tuning in beneath behavior to hear the emotional need



Yeah! You Matter

Your ability to co-regulate builds trust and connection

Darren Max, singer from Kota Kinabalu, shares songs of courage, healing, and hope—straight from the heart.

Breakthru Drummers (PWD) bring rhythm as a language of reflection and renewal.

Case studies, parent sharing, games, and “My Win for Today” reflections help families and schools celebrate growth in real time.



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Day 2: Turning Overwhelm into Resilience

We deepen the journey through language and play—powerful tools for trust-building, emotional regulation, and developmental growth.

Parents and educators are introduced to:



Primitive Reflex Integration

Understanding foundational movement patterns that shape emotional and sensory regulation



Psychosocial Developmental Stages

Recognizing age-specific emotional needs and identity formation



Play Developmental Stages

Using play as a mirror for cognitive, social, and emotional growth

With age-appropriate prompting, adults co-regulate with children—supporting transitions, building resilience, and celebrating each developmental milestone.

Children express their stories through drumming, art, and heartfelt strategies.



When we speak with warmth and play with intention, resilience becomes a rhythm we share.



Case studies, parent sharing, games, and “My Win for Today” reflections continue to anchor growth in real time.



Stay tuned for highlights, strategies, and printable prompts to use at home and in school.

