



KIDS COLLAB

ACTIVATING BODIES AND MINDS

Supporting Schools in Introducing Physical Activity, Mindfulness and Wellbeing Strategies

about us

who we are

Kids Collab is working with communities, schools and organisations in providing access to resources that focuses on the physical development and wellbeing of children.

The Kids Collab content is developed alongside healthcare and education professionals such as occupational therapists, clinical exercise physiologists, registered dieticians, and education consultants to provide age-appropriate, knowledge-based content.

our team



Rachel McMahon
Director & Co-Founder
Clinical Exercise Physiologist



Whitney Richardson
Director & Co-Founder



Alexandra Stark (C)*
Occupational Therapist



Hello Life (C)*
Registered Dieticians
Francesca Esposito
Kelly Ansley



Bridget Malherbe (C)*
ECD Educator
Children's Yoga Instructor



Catherine Lacey
Children's Clinical Exercise
Physiologist



(C)* Kids Collab Consultant



Kaylene Christensen (C)*
Educator/
Children's Autism and
Neurodiversity Specialist

Play Hub

- ✓ The Kids Collab Play Hub integrates physical activity, fundamental movement skills, and mindfulness into a typical school day
- ✓ Educator professional development videos, focusing on fundamental movement skills and teaching strategies
- ✓ Available in read-to-print handbooks or an online platform.
- ✓ Variety of content: gross motor development, brain breaks, mindfulness, and habit builders
- ✓ Fundamental Movement Skills Assessment and Reporting Tool, which assist educators in assessing gross motor skills
- ✓ Focuses on ages 2-6



FMS assessment and reporting tool

The Fundamental Movement Skill Tool allows educators to objectively assess your children as well as generate an automated report on their gross motor skill capabilities.

- ✓ Online tool or available in hardcopy format
- ✓ Comparative graphs to show progress
- ✓ Obstacle course setup
- ✓ Assessment of all fundamental movements based on scientific norms
- ✓ Developed by Clinical Exercise Physiologists
- ✓ Reports generated for parents (can be emailed directly)





www.kidscollab.org

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