

- *Empower kids through movement.
- *Help kids deal with challenges that include falling & staying asleep, test, school & life stress anxiety, fears, depression, ADHD,
- *Build awareness of emotions & develop coping skills to adapt to difficult or uncomfortable situations in daily life.
- *Develop students' positive social skills, such as empathy, compassion, patience and generosity.
- *Build friendships & connections with friends.
- *Increase students' academic success.
- *Introduce basic relaxation & meditation techniques to calm the body & refocus the mind .

Introduction to Mindfulness & Movement Class

(April 29– May 20)

Sign up TODAY!!

Instructor: Kate Maholchic

Where: Skill Builders ,LLC Mclean Office

Times: Saturdays,

..... **11:15-12 pm (7-9 yrs)**

..... **12:15-1 pm (10-12 yrs)**

4 weeks / 45 minute class per week

Cost: \$80 for all 4 weeks

**Inquiries:
Kate@skillbuildersllc.com**

