

Camp Calm

W1: June 10-June 14

9:00 a.m.-12:00 p.m. Entering grades 4-6

12:30 p.m.-3:30 p.m. Entering grades 1-3

Through games, activities and journaling, students will understand what mindfulness is, and how to incorporate this evidence based practice into their toolbox to help calm their bodies and brains, recover from setbacks and improve emotional regulation and focus. This secular program will be taught using the Mindful Schools Curriculum integrated with various breathing techniques and yoga postures. \$200.
Instructor: Heather Goeddel