

Camp Calm Cost \$200

Week 2: June 15-June 19

Week 6: July 13-July 17

9:00 a.m.-12:00 p.m. *Entering Grades: 4 5*

12:30 p.m.-3:30 p.m. *Entering Grades: 1 2 3*

Instructor: Heather Goeddel

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.