

Camp Calm

W7: July 18-July 22

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

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.

Cost: \$250

Instructor: Shelly Arnold