

Groups for kids ages 9-11 are starting soon!

# Mindfulness for Kids Group

*Does your child need help learning to control their focus and attention?  
In our 8-week group, kids will learn and practice Mindfulness in a fun,  
creative, and supportive environment!*



## **What is Mindfulness?**

Mindfulness means paying attention in a particular way: On Purpose, In the Present Moment, and Non-Judgmentally. This increases awareness, clarity and acceptance of our present-moment reality. It is simply a practical way to notice thoughts, physical sensations, sights, sounds, smells - anything we might not normally notice. The actual skills might be simple, but because it is so different to how our minds normally behave, it takes a lot of practice.

### **Group Goals:**

- ❖ Increased Present Moment Awareness
- ❖ Increased Focus and Concentration
- ❖ Increased Compassion toward Self and Others
- ❖ Decreased Anxiety and Impulsivity
- ❖ Socialization with Peers

*Dates and Times TBD based on participant availability.  
Parent education sessions included.*

For information, contact *Susan Myket, Ph.D. & Associates*

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