

Mindfulness for Kids Group

Does your 3rd thru 5th grader need help calming down, becoming more focused, or managing worry? In our 10-week group, kids will learn and practice Mindfulness in a fun, creative, and supportive environment!



What is Mindfulness?

Mindfulness is the research-supported skill of learning to be **present**: in your mind, heart, and body. It is a practical way to notice thoughts, physical sensations, sights, sounds, smells - anything we might not normally pick up on. The actual skills are easy-to-understand, but because they are so different from how our minds normally behave, they take a lot of practice. How wonderful for children to learn to use them while still in elementary school! Parents will also benefit from learning and being able to support these skills in the family.

Group Goals

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

*Thursdays from 5:00 – 5:55 pm 1/10/19 – 3/21/19 (No Valentine's Day)
Parent education sessions included weekly from 5:45-5:55 pm*

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