

# Mindfulness for Kids Group

*Does your elementary age child 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**

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

*K-2<sup>nd</sup> Graders meet Tuesdays 5:00 – 5:55 pm*

*3<sup>rd</sup>-5<sup>th</sup> Graders meet Thursdays 5:00 – 5:55 pm*

*Caregiver education sessions included weekly*

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