

Mindful Friends

Social-Emotional Skills Groups for Grades K-2 and 3-5

Would your child benefit from learning how to manage their feelings and behavior better, so they can more fully enjoy their relationships?



Mindful Friends Skills

- ❖ Emotional Awareness & Regulation
- ❖ Decreasing Anxiety & Impulsivity
- ❖ Social Awareness
- ❖ Problem-Solving
- ❖ Managing Frustration
- ❖ Handling Worries
- ❖ Understanding Others
- ❖ Perspective-Taking
- ❖ Being Present

Our Social-Emotional Groups help kids learn Cognitive Behavioral and Mindfulness Skills for making & keeping friends and identifying & managing their emotions and behavior. Mindfulness means paying attention On Purpose and In the Present and teaches practical ways to notice thoughts, physical sensations, sights, sounds, and smells. Mindfulness skills are easy-to-understand, but because they are so different from how our minds normally behave, they take a lot of practice. Parents will also benefit from a weekly update where they will learn how to practice and support these new skills in their everyday lives.

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