

# Mindfulness practices & Art expression for kids



K-5 are important developmental stages that will construct the groundwork for mental health in the adult developmental stage. Mindfulness-based school programs have demonstrated a range of social, cognitive, and emotional benefits for elementary students. Your child will learn to express and manage their emotions through mindfulness practices such as proper breathing techniques, how to redirect emotions, kid-friendly meditations and expression through art.

**Fridays**

**1/28-3/25**

**(no school 3/18)**

**2:45pm-3:45pm**

**located in MUR**

**\$150/ 8 SESSIONS INCLUDES  
ART MATERIALS**

**REGISTER AT:  
[BEHNOUSHBABZANI.COM/MINDFULBANCROFT](http://BEHNOUSHBABZANI.COM/MINDFULBANCROFT)**



**PRESENTED BY**

**BEHNOUSH BABZANI,  
CERTIFIED PROFESSIONAL  
LIFE COACH, AUTHOR &  
FOUNDER OF THE CLARITY  
PROGRAM**

