

Enriching Kidz

Classes Offered at Cardinal Pacelli School

Stress Less Kidz

For Boys & Girls
in grades 3 - 6



COST: \$70

Helps kids understand stress and learn fun and easy coping strategies to help increase their grades, friendships, and focus.

- Discuss positive and negative stressors
- Discuss how the body is affected by stress
- Mindfulness activities
- Gratitude journals
- Self-soothing techniques
- Tapping
- Meditation
- Creating coping activities to take home to help reduce their inner conflict and physical discomfort.

Class Information:

Mondays 4/18, 4/25, 5/2

2:45 - 4:45 pm

You must attend all sessions in the class chosen to complete the course.

TO REGISTER:

Go to www.enrichingkidz.com, click on Register for a class, select the class, then scroll down to the class schedule to find the location.

To register by phone, or if you have questions regarding course curriculum, call Amy Marks at 513-336-9993.