



# Family Mindfulness and Movement

In this 6-week course, parents and children will:

- understand big feelings and the brain
  - notice when big feelings arise
  - use the breath to calm
- use the five senses to notice internal emotions and live a life with more mindful behavior.

Jessie will guide you and your child through age-appropriate yoga and mindfulness activities focusing on the five senses and thoughts.

In addition, we will create a Calming Toolkit which includes:

Pinwheels  
Breathing Sticks  
Calming Glitter Bottles  
Eye Pillows

## **Course Modules:**

1. Welcome, What is Mindfulness, Exploring Breath, Parts of the Brain
2. Mindful Listening, Breath and the Brain
3. Mindful Seeing and Our Thoughts
4. The Stress Response and Paper Tigers
5. Mindful Smelling and Mindful Touch
6. Mindful Taste and How did it get here?

**6:30-7:30pm, Mondays, April 6, 13, 20, 27, May 4, 11, 2020**

Register online at [www.LearningTreeYoga.com/in-studio](http://www.LearningTreeYoga.com/in-studio).