



EVERYDAY MINDFULNESS FOR ACADEMIC SUCCESS



Developed by psychologists, and grounded in research, our mindfulness program teaches children the practice of mindfulness to develop essential life skills for promoting academic success. Mindfulness helps with: managing everyday stress; improving sleep, focus, and attention; addressing executive functioning challenges (like those faced with ADHD); developing confident coping skills; staying happy and healthy; increasing emotional awareness and regulation; and developing a deeper understanding of experiences, thoughts, reactions, and bodies. Our group provides children a fun space to learn, explore, grow, improve self-awareness, let go of worries, and be confidently true to themselves. Group is aimed at helping children learn the most effective strategies to cope with everyday difficulties to help them reach their full academic potential.

Where: The IDEAL School

When: Friday, 3:10-4:10 PM

Who: Kindergarten – 5th graders

Cost: \$250 for each 9-week session

\$25 registration fee per school year

☐ Session 1: Jan 10th – March 6th

☐ Session 2: March 13th – May 28th

Contact us at (561) 207-7625 | info@psywellness.com



Mindful Activities Include:

- Yoga
- Relaxation techniques
- Art projects
- Exploration of our senses
- Mindfulness games
- Everyday skill building

Academic Mindfulness Boosts Your Child's Ability To:

- Improve attention and stay focused
- Decrease stress and anxiety
- Organize, prioritize and improve time management
- Confidently tackle homework
- Self-monitor and control impulses
- Develop healthy ways of thinking, feeling, & being

**For more information visit
www.psywellness.com**

Contact us to learn more about our single-day mindfulness camps and enrichment programs that are offered at our Wellington/Lake Worth

Please return this form with your check payable to **Psychological Wellness Center**.

I authorize my child, _____, to participate in the Everyday Mindfulness for Academic Success afterschool program with Psychological Wellness Center.

My _____ is in _____ grade at the IDEAL School and will be attending _____ Session 1 and/or _____ Session 2.

Parent/Guardian Name _____

Phone _____

Signature _____