

# First Steps to Mindfulness

A workshop for kids ages 3-5

Children who enroll will be introduced to **positive habits** for good health and well being. They will learn to **focus on the present**; develop strategies to understand negative feelings and **celebrate happiness**; identify, label and **validate their feelings**; learn to **identify their five senses**; and become **more aware** of their surroundings.

**Age:** 3-5 years old

**Dates:** Weekly, June 6-July 20

- Tuesdays (Verona)
- Wednesdays (Waunakee)
- Thursdays (Waunakee)

Select your preferred day and location.

**Time:** 3-5 p.m.

**Cost:** \$395

**NOW ENROLLING!**

Class size is limited, so register today!

All kids and all abilities welcome!

This is not a school-sponsored activity and the Middleton-Cross Plains Area School District does not provide support or endorsement of this program/activity. It has neither reviewed nor approved the program, personnel, or activities announced in this brochure/flyer. Permission to distribute this material must not be considered a recommendation or endorsement by the school district.

Enroll or get more information online:

Tuesdays (Verona)

<http://bit.ly/2nUKHNT>

Wednesdays (Waunakee)

<http://bit.ly/2ohZy0V>

Thursdays (Waunakee)

<http://bit.ly/2ptusEK>

**Connie Persike** is a seasoned speech language pathologist and educational consultant. Connie and her team provide consultation and programming services to Wisconsin school districts, families, organizations and agencies.



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# Research shows...

Learning mindfulness has several benefits for children including:

- Improved behavior
- Improved sleep
- Increased happiness
- Increased working memory
- Increased attention
- Increased social/emotional skills
- Increased resiliency
- Increased compassion, empathy, and kindness
- Greater self-esteem
- Greater calmness, relaxation
- Greater self-regulation
- Greater cognitive potential
- Reduced worry
- Decreased anxiety
- Decreased emotional reactivity

The **First Steps to Mindfulness** workshop was developed specifically for children ages 3-5 by Connie Persike. Kids who enroll will learn how to become aware of their own experiences and benefit from the positive results of becoming more mindful.

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