



MINDFUL LEARNING PROGRAMS

Learn more at
www.kindandconfident.com
www.stepsstudystars.com

Benefits of Mindfulness for Little Ones.

Connecting little ones to their mind, body and soul to enhance learning.

In a time where our students continue to catch up and shift their focus from perfection to progress, students deep need to connect within grows. Research shows that fostering mindfulness helps children with self regulation , social emotional learning and the ability to foster a Growth Mindset.

Mindfulness builds students self confidence which allows them to try new things and learn. Through affirmations, movement and intentional small group learning activities, students are deepening self awareness, empathy and fostering a love of learning.

Our Mindfulness Learning Programs for Children are an engaging mind body soul experience offering students opportunities to connect, move and learn.



AGES 4-12

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MINDFUL MOVEMENT/ PLAY

Kids Yoga and movement fun that brings smiles, brain break and encourages self expression.

BREATHING ACTIVITIES & AFFIRMATIONS

Engaging in de-stressing activities and connecting within, while using the power of language to foster a growth mindset.



MINDFUL CRAFTING

Shifting focus from product to process through creativity and process art.



LITERACY/ NUMERACY ACTIVITIES

Students will engage in intentional small group activities that foster their love of learning and help them improve their skills.





CURRENT PROGRAM PARTNERS

YCDSB APPROVED



LOCATIONS & FACILITIES





INSTRUCTORS

Our engaging, knowledgeable and passionate staff continue to bring empowering, inspiring and educational **Mindful Learning Programs** to life across the GTA.

All staff contain:

- Vulnerable Sector Screening
- Standard First Aid CPR-C
- High 5 Certification



LETS CONNECT

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