

MindUP : MINDFULNESS FOR KIDS

Is your child struggling with anxiety? Is school or homework overwhelming for them? Are they struggling with emotions that get in the way of friendships and feeling comfortable in social settings? Do their strong emotions interfere with their everyday life?

MindUP <http://thehawnfoundation.org/mindup> is an evidenced based, social and emotional program built upon neuroscience, mindfulness and self-regulation.

Our brain is in charge of everything we do. Mindfulness practice can literally change the way the brain works. Practicing mindful activities, such as breath work, recognizing and labeling our emotions, and connecting with ourselves, helps us to stay more calm. Mindfulness helps us to recognize that split-second between when something happens to us and how we respond to it, so that we can choose to act in wiser ways.

Instruction includes games, stories and movement (the kids love their brain cups).

Day: Friday
Date: Session I: January 19 – March 9 **No class Feb. 23
Session II: March 16 – April 27 **No class: April 6
Time: 4:30 p.m. – 5:20 p.m.
Fee: \$90 per session (resident) \$135 per session (non-resident)
Age: 8 -14 years old
Location: Kiwanis Center

Course Code: 18004
Course Code: 18005

ACTING CRAZE: “WONDER” & “PERCY JACKSON: HALF BLOOD CAMP”

Learn acting skills while getting ready to put on a performance for your family and friends. In session 1, we will be performing a skit from the hit book and movie “Wonder” -- A young boy with a facial deformity begins the fifth grade in a mainstream school. In session 2 we will perform a skit of “Percy Jackson: Day at the Half Blood Camp for Demigods.” A final performance for family and friends will be presented immediately following the last class for each session.

Day: Friday
Date: Session I: January 19 – March 9 **No class Feb 23
Session II: March 16 – April 27 **No class April 6
Time: 5:30 p.m. – 6:30 p.m.
Fee: \$90 per session (resident) \$135 per session (non-resident)
Age: 8 -14 years old
Location: Kiwanis Center

Course Code: 18006
Course Code: 18007

TINY TUNES “MUSIC TIME”

Tiny Tunes Music Time is a parent/child music and movement program that features the curriculum of Atlanta’s very own “The Music Class”. This is a national award winning music education program that offers playful and creative music and movement class for children from birth through 7 years of age. “Tiny Tunes Music Time” has brought this amazing curriculum to the south communities of Atlanta, Georgia. Families are making their way to these fun, stimulating, and educational classes for children 6 months – 5 years. Classes are attended with parents, and are led by music & early childhood educators. Through the use of special songs and activities, your child will be introduced to a wide variety of musical scales, rhythms, instruments and styles that will provide a foundation and help stimulate musical growth at even the earliest ages.

Day: Friday
Date: T.B.A.
Time: 10:40 a.m. – 11:30 a.m.
Fee: \$125 (resident) \$187.50 (non-resident)
*Sibling Discount: \$89 for the first sibling;
All siblings under 10 Months at the time of registration are free.
*\$30 Material Fee due the first day of class.
Age: 6 Months – 5 Years
Location: Activities House

Course Code: 18008

