



## SKY Kids Program Free for North Avondale Residents

### Description

The SKY Kids program gives children the tools they need to thrive and meet life's challenges with a smile. Through breathing techniques, games, yoga, creative projects, problem-solving strategies, interactive processes and service projects.

The 12 hours spread over 4 days provides children tools and skills to:

- Release stress and negative emotion
- Boost concentration and memory
- Build self-confidence
- Handle peer pressure and bullying
- Strengthen human values and social skills

When children know how to manage their own stress and emotions, they're able to excel in all areas of life and their natural talents can emerge.

Many parents and kids notice they're more creative, their performance in school and sports improves and they are better at navigating relationships. As a result their leadership abilities blossom, and they're able to be of service and help others in their communities.

#### **WHEN:**

February 16-19, 2024

**WHERE:** North Avondale Montessori school, 617 Clinton Springs, Cincinnati, 45229

#### **TIMES:**

Friday: 5:30 pm – 8:30 pm

Saturday & Sunday: 2:00 pm – 5:00 pm

Monday: 9:00 am – Noon

**COST:** Please Contact Rupa for scholarships @ 513-237-6373.

North Avondale Neighborhood Association  
brings to you

# SKY KIDS

Age 8 -12

Limited scholarships

.Through **meditation**, **breathing techniques**, games, interactive process kids learn to manage their emotions

**Venue:** North Avondale Montessori



*Improves Sleep  
quality*



*Strengthen  
Focus  
and memory*



*Increase  
Creativity and  
Resilience*

SKY Kids Workshop, President's Day Weekend, 2024, for ages 8-12 years old

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**Author**

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