



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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