

Three SKY programs have been completed: 2 for kids and 1 for teens

Description

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We successfully finished our 2nd SKY kids workshop with IAHV this Monday. We have completed 2 kids programs and 1 teens program so far. We will continue to offer these programs until we reach our goal to benefit 50 youth by the end of this year.

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

Children learn tools and skills to:

- Boost concentration and memory
- Release stress and negative emotion
- 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, theyâ??re able to excel in all areas of life and their natural talents can emerge.

Many parents and kids notice theyâ??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 theyâ??re able to be of service and help others in their communities.



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