



BREATHE

Mindfulness Based Anxiety Prevention Program



KINDERGARTEN TO GRADE 6 6-SESSION PROGRAM

Students will learn:

- 1 Self regulation techniques to manage thoughts, emotions, and behaviours
- 2 How to refocus when distracted, improving learning and retention
- 3 Techniques and exercises to calm their minds and bodies
- 4 To be compassionate towards themselves and others
- 5 Healthy habits to increase success and enjoyment of school and life

This **wellness program** provides students with practical strategies to manage and **reduce general and academic related stress and anxiety** and **improve executive functioning**. The six, **45-minute sessions** are activity based using experiential learning, mindfulness based techniques, music, and movement. The included **parent and/or teacher workshop** helps to support sustainability of the program.

For more information please contact:

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