

# The Épique Ped Day Experience



## Kindergarten – Grade 6

### Students will experience:

- 1 Attention span and focus development through circus arts and music
- 2 Inclusion and team building
- 3 Personal leadership and skill development
- 4 Conflict Resolution

The **Épique Ped Day Experience** is a journey into self awareness and social skill development. Our interactive ped day program is a fun way for students to develop their inner leader and self confidence. Students will learn how to improve their focus and attention span through circus arts and music. Conflict resolution and team building exercises provide techniques students can use for day to day challenges. Our goal is for students to leave the ped day program inspired to create their own “**Épique Experiences**” using a strategy they learned.

**For more information please contact:**

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