

# 1-2-3 Emotions and Me

## An Interactive Children's Life Skills Workshop For ages 6 - 10 (plus one adult per child)

Invest in your child's future. Children, who are equipped with tools at an early age, can better self-manage when their emotions overwhelm them. Raising awareness of the feelings your child experiences allows him/her to recognize, acknowledge and deal with their own emotions.

This empowering workshop will include interactive experiential activities designed to increase perception, understanding and self-regulation of emotions.

The workshop requires adult participation and will focus on raising awareness of emotions in you, your child and in others. You and your child will learn simple, fun, heart-focused techniques to support and promote positive internal feelings.

In today's world, one in five will develop a mental health condition. Outfit your child today with skills to support inner fitness (emotional health) for a lifetime. A child's Emotional Quotient (EQ) can be more important than their IQ in determining not only academic achievement but success in a job and life in general.

### Workshop includes:

- ✓ Three 60-90 minute sessions
- ✓ Adult/Child participation
- ✓ Singing, Education, Neuro-exercises and Experiential Games
- ✓ Free Heart Songs CD (per adult/child pair)
- ✓ Three Heart-Focused Stress Management Techniques your child can use to self-manage stress
- ✓ Educational Handouts for each technique

**Cost: \$79.95\* per Adult/Child pair** includes all of the above. Each child must be accompanied by one adult.

Space is limited to 10 adult/child pairs. Questions? email [Lori@HarmonyFactor.com](mailto:Lori@HarmonyFactor.com) or visit [www.HarmonyFactor.com](http://www.HarmonyFactor.com)

**Contact the Thriving Thistle Wellness Center at (815) 858-0490 to register. November 6, 13, 20 at 6 pm-7:30 pm.**