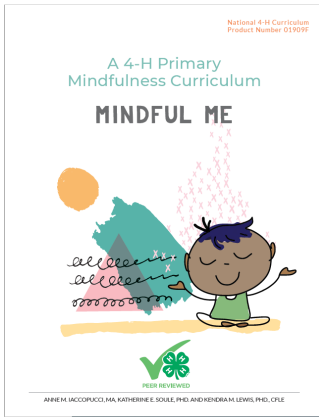




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MINDFUL ME



Beginning June 9th, Franklin County 4-H will be offering the Mindful Me program. Each week we will have a different interactive session that will last approximately 30 minutes. Once registered, you will receive a link to join the Zoom session and also a list of materials required for each lesson.

Mindful Me, introduces youth, ages 5-8 years old, to basic concepts in mindfulness practices.

The program promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Specific outcomes from youth participation in the curriculum include short-term (skill development and knowledge gain), mid-term (increased stress management, mindful eating etc.), and long-term (improved physical, emotional, and social health) benefits.

To register for Mindful Me Lessons, please complete the form found here:

<https://forms.gle/MMmnZuuGiWyLLeaag>



<https://www.facebook.com/Franklin-County-4-H-114344296892873/>

Lesson Plan Dates

9 June @10:30 am
Mindful Eating

16 June @ 10:30 am
Affirmations

23 June @ 10:30 am
Mood Management

30 June @ 10:30 am
Smile Tag

7 July @ 10:30 am
Describing Feelings