



CHILDREN'S MEDITATION

FOR AGES 7 - 12 YEARS

JOIN MS. AIMEE AS SHE TEACHES US PRACTICAL
METHODS TO MANAGE CHALLENGING SITUATIONS USING
MEDITATION AND MINDFULNESS

IMPROVE FOCUS & ATTENTION

FOSTER CREATIVITY

REDUCE STRESS & ANXIETY

DECREASE AGGRESSION

IMPROVE ATTENTION SPAN

INCREASE RESILIENCE

DEVELOP PATIENCE & COMPASSION

SELF REGULATION OF EMOTIONS

7:45 PM WEDNESDAYS

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