



Mindfulness Center Enrichment Support

A multi-sensory toolkit that helps children feel relaxed, focused, and in control of their bodies and minds. No prior mindfulness experience is required.

Supporting Training

- [Make Every Pose Count Teaching with Yoga](#)
- [Mindfulness Moments: Breathing Fun for Little Ones](#)

Program Goals

- Build self-soothing skills
- Increase focus
- Promote emotional resilience
- Support smoother transitions
- Encourage relaxation techniques

Expected Outcomes

- Improved emotional regulation
- Greater classroom engagement
- Smoother transitions
- Decreased impulsive behaviors
- Stronger coping skills