



Mindfulness for Young Children

Techniques of mindful awareness can help children learn to pay closer attention to their thoughts, feelings, and emotions. Come and learn ways to help children reduce stress and anxiety to enhance their well-being. Explore what the research says, get ideas for mindfulness activities and explore children's literacy that supports mindfulness practices.

Pre-Registration is required for this event. Please make sure that each individual attending registers separately.

Class Details	
Date	Friday 10/24/25
Time	1:00-2:30 PM
Location	Download Zoom: https://zoom.us/download
Cost	Free! This Training and Free and Open to All!
Registration	https://msu.zoom.us/webinar/register/WN_TWQA3xHLSrC0CqSsLIr1A *After registering, you will receive a confirmation email containing information about joining the meeting.
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