



MSU Extension Presents: Online - Extension Extras Parenting Hour Mindfulness for Children

DATE:

May 26, 2020

TIME:

8:00pm to 9:30pm

FREE

Download Zoom:

<https://zoom.us/download>

Register at:

[https://msu.zoom.us/
webinar/register/
WN_p30WlzEpScW04Gm
EysW9-A](https://msu.zoom.us/webinar/register/WN_p30WlzEpScW04GmEysW9-A)

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DESCRIPTION:

May 26: Mindfulness for Children

Techniques of mindful awareness can help children learn to pay closer attention to their thoughts, feelings and emotions. 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.

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the challenges and concerns of parenting.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_p30WlzEpScW04GmEysW9-A

Choose May 26 to register for Mindfulness for Children

After registering, you will receive a confirmation email containing information about joining the meeting.

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