

## Safety, Structure & Pricing

### Structure & Safety

- 45-minute sessions
  - o ~30 minutes of guided practice and activities
  - o ~15 minutes flexible integration (movement, reflection, transition)
- Seated or stationary activities
- No body-movement instruction
- Participation is always voluntary
- Emotional concerns are referred to parents or school staff

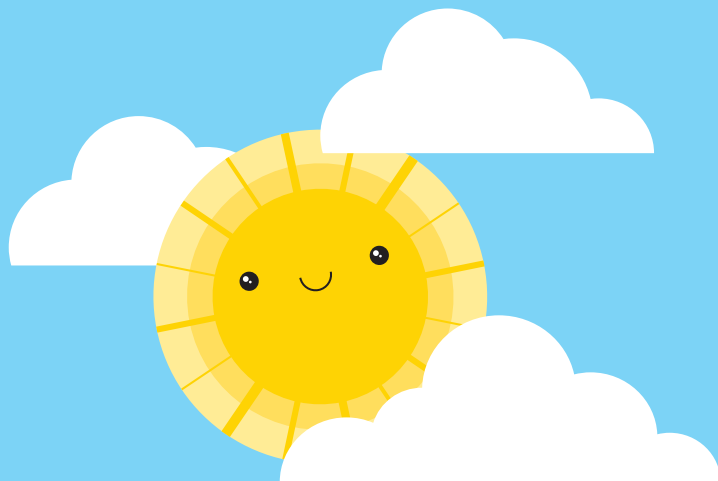
### What This Program Is Not

- Not therapy or counseling
- Not diagnosis or treatment
- Not physical training or fitness
- Not religious instruction

### Pricing

- Afterschool Group Program:  
\$25 per child / per session
  - Individual Sessions (by parent request):  
\$66 per 45-minute session
- Scheduled separately from afterschool programming  
Individual sessions follow the same non-clinical, presence-based approach.

Activities are adapted developmentally for different age groups, with flexibility to support attention, comfort, and participation.



## Attention Skills Program (K-6)

Focus • Awareness • Kindness

A calm, age-appropriate afterschool program that supports children in developing attention, emotional awareness, and kindness through presence-based activities, quiet time, and guided calm moments.



**SisterSol**

Supporting awareness, connection, and everyday presence.

 [sistersol.com/attention-skills-program](https://sistersol.com/attention-skills-program)

 Call: 602-887-4888

 Email: [contact@sistersol.com](mailto:contact@sistersol.com)

## Program Overview

### What Is the Attention Skills Program?

The Attention Skills Program supports children in learning how to notice their attention, emotions, and inner experience in a gentle, practical way. The focus is on developing everyday awareness that children can naturally bring into school, home, and social settings.

Sessions are designed to be:

- Calm and structured
- Flexible and child-centered
- Non-clinical and non-religious
- Supportive of different energy levels

Children are always welcome to participate in ways that feel comfortable for them.



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## Activities & Approach

### Activities May Include

- Short periods of quiet time or guided calm moments
- Attention and awareness exercises
- Simple reflection through age-appropriate conversation
- Opportunities to stand, stretch, or move quietly when needed
- Kindness and empathy-based awareness activities

Meditation and Quiet Time is introduced as simple attention and noticing, not as a technique or a belief system. The emphasis is on awareness in everyday life rather than sitting still for long periods.

Companionship Approach means children are supported through presence, listening, and awareness rather than instruction, correction, or treatment. No religious teaching or belief-based content is included.

### About Us

Offered by [sistersol.com](https://sistersol.com) in a non-clinical, non-religious educational capacity. Other services are offered separately. This program is limited specifically to attention skills, awareness, and kindness for children.