



"Busy Being is a program designed for children to feel better."

With all of the stimulus in our world today, it can be an overwhelming place to be — and hard to handle at times. Busy Being breaks down the feelings of gratitude, anger, sadness, joy, and anxiety and teaches children tools to manage and know these emotions.

Mindfulness exercises help children understand, at a young age, what it means to be present. These activities promote natural focus in the classroom and a clear space to create from the heart.

Busy Being incorporates yoga postures into each session and we practice our breath with each pose. This ultimately stretches and contracts the body to release tension and promote a more relaxed energy. The breathing exercises are commonly taken home and used by the children as a tool to relax or regroup when they need it.

There are many types of games, props, stories, pom poms for toe-ga and costumes that keep things light-hearted—what's a class without the fun? Sometimes all children need is the space and access to simply 'be' and Busy Being is designed to provide that.

