



Mindfulness in Nature

For ten children and adult caregivers, 2-5 year olds

Tuesdays, 9:30 am – 10:15 am

Sept 28, Oct 5, 12, 19

Join parent and playgroup leader, Daniela Schwartzman, for an outdoor experience of connecting with nature in a Brewster woodland setting.

While exploring different trails and the Cape's beautiful nature, this program is dedicated to scheduling time for a "mindful experience with nature".

Enjoy utilizing all your senses: seeing, hearing, smelling, touching and tasting.
(parents may bring snacks)

Daniela introduces tools to reduce stress, increase resilience and improve general well-being. These are introduced in a fun, meaningful, and educational way. A wonderful opportunity for children to enjoy activities that relate to learning emotional self regulation skills and social emotional competency; focused on experiencing our natural surroundings while practicing mindfulness skills that evidence shows improves overall well being.

Register to enjoy time with other families and children by calling [508-240-3310](tel:508-240-3310).

Visit our Facebook Page & website capecodchildrensplace.com

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