<mark>A fun interactive skill building group for kids</mark>

FRIENDSHIPS

Making positive connections is important for emotional and social development. Learn the ins and outs of making, maintaining and being a good friend.

CALMING BODY& BRAIN SKILLS

Emotions can get the best of us. Skill building to assist emotion regulation and prevention tips and tools to calm the body and brain.

COMMUNIATION Skills for success

Identify feelings and emotions and how to express in healthy ways that help build empathy and self awareness.



WWW.<u>GALSONTHEGOPROJECT.</u>COM

When: Friday October 25th Time: 9:30AM - 12:30PM Ages: 7-10 yrs (Boys & Girls) Cost: S45 per person - Includes all art activities (to bring home), takeaway tools, resources, goodie bag & peanut free snack.



Location:

Hartland Public Library 110 E Park Ave, Hartland, WI 53029

