

Mindful Presence offers Mindful Children Classes

Teaching children life long skills to be resilient, confident,
curious thinkers

Curriculum Includes:

Cultivating Growth Mindset
Mindful awareness of Body,
Breathing, Listening, Mindful
Movement, Mindful Eating,
Mindful Coloring, Loving
Kindness, Mindful of Thoughts
and Emotions, Mindful

Communication, Mindful use of

technology, screen time, the Neuroscience behind Mindfulness and Growth
Mindset and how our brain structure changes when we practice both.



BENEFITS: Regulation of emotions and body, better and longer attention spans, empathy, increased executive function, Fear Modulation, ability of self-knowing and self actualization, conflict resolution, reduces stress and anxiety, improves sleep and self esteem, improves memory, problem solving and reasoning skills, Improves athletic performance, a new perspective on failure and success.

Growth Mindset helps children see their failures as a stepping stone towards success which builds their confidence. Mindfulness and Growth Mindset go hand in hand to make our children empathetic, resilient and successful.

All classes taught and facilitated by the Mindfulness Coach Shveta Shourie
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