

SUPER-KID POWER:

SELF REGULATION SKILLS FOR KIDS

With Janai 'Grandma Boom' Mestrovich - For Children Ages 4-8

Saturday, Aug. 13, 10:30-11:30am

Rogue Valley Metaphysical Library - 1757 Ashland St.



\$25 Suggested Donation - Limited Space- MUST RSVP

FUN techniques that teach children the foundation for Self-Regulation:

»Going From Tense to Calm »How to Switch Gears
»Self-Calming & Calm Center

**Children Will Learn to Use Their "Inner Steering Wheel"
For Self-Control & Self-Confidence**

Kids Have Fun Building Skills & Confidence with Grandma Boom!

Janai Mestrovich is the author of seven published books empowering and inspiring children to develop vital life skills. For over 45 years, 'Grandma Boom' has been a pioneer in social-emotional learning and stress management for children and adults, employing fun "3-D" learning experiences.

Includes Materials; book, learning tools & handouts with home reinforcement tips. Please PRE-REGISTER or contact me with any questions! INFO: SuperKidPower.org

PLEASE REGISTER BY AUGUST 11 - Email janailow@gmail.com