



# THE COALITION FOR CHILDREN **MINDFUL MOVEMENT**



## **MEET UP DETAILS**

- Mondays Mar 31 – Jun 9
- 10:00 AM and 11:00 AM
- Falmouth Public Library
- All participation levels welcome
- Does not meet when public schools are closed 4/21 & 5/26



**FALMOUTH  
PUBLIC LIBRARY**  
300 MAIN STREET, FALMOUTH, MA

## **ABOUT THE GROUP**

Movement, stories and songs promoting basic concepts of emotional self-regulation. Mindfulness equips children with emotional literacy, fostering compassion, open-mindedness and even improving sleep! Geared for children ages 2-6 with a caregiver (siblings welcome)

No cost thanks to the Coordinated Family & Community Engagement (CFCE) Grant.

**FREE** **CLICK**  
**HERE TO**  
**SIGN UP**

[TheCoalitionForChildren.org/playgroups](https://TheCoalitionForChildren.org/playgroups)

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