



THE COALITION FOR CHILDREN

# Spring Saturday Mindfulness

Join Erin in the on the lawn at Highfield Hall & Gardens for movement games, stories and songs promoting basic concepts of emotional self-regulation followed by a planting activity on the porch. All materials provided.

- Saturday April 25, 2026
- 10:30 AM - 11:15 AM
- Highfield Hall & Gardens
- Best for ages 2.5 - 6 years
- All participation levels welcome
- Space is limited, register online



FREE

[Click here to Register online](https://TheCoalitionForChildren.org)

TheCoalitionForChildren.org



Our organization does not discriminate on the basis of race, color, sex, gender identity, disability, religion, marital status, national origin, age, sexual orientation or any other class protected by federal, state or local law.

NO COST THANKS TO THE EEC COORDINATED FAMILY & COMMUNITY ENGAGEMENT (CFCE) GRANT THROUGH FALMOUTH PUBLIC SCHOOLS AND HIGHFIELD HALL & GARDENS