



FALMOUTH
PUBLIC LIBRARY
MASSACHUSETTS

mindful MOVEMENT

10:15am Mondays Mar 25 - Jun 3

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. All participation levels welcome! Sign up online to drop in. (No group 4/15 or 5/27)



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

[Click to register](#)

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