



**FALMOUTH**  
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MASSACHUSETTS

# mindful MOVEMENT

10:15am Mondays Jan 8 - Mar 18

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 1/15 or 2/19)



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

[Click to register](#)

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