

# PROGRAM GOALS

**Foster Empathy:** Help children understand and connect with the feelings of others.

**Promote Self -Awareness and Core Values:** Encourage children to reflect on their own thoughts and emotions and create awareness around their core values and learn how to recognize their gut feelings.

**Spirituality:** Visualization practice to protect the children's mental and physical energy.

**Mindfulness and Calming Techniques:** Help children stay present and use mind calming techniques such as yoga, tapping, meditation and breath work to achieve this.

**Provide a Sense of Community:** Create a supportive and inclusive environment where children can feel a sense of belonging.

**Connect with Nature:** Foster a connection between kids and the natural world.

**Have Fun:** Ensure that the program is enjoyable and engaging for children.

# ABOUT US *Ulle*

In our Kids Connection Program we will help children explore and develop their spirituality, fostering values such as kindness, forgiveness, empathy, gratitude and self awareness in a fun and engaging way. We aim to strengthen their social, emotional and mental well-being, helping them to maintain a sense of balance and resilience while connecting them to nature and their inner self.



# CONTACT US



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# SPIRITUAL HEALING CENTRE



WELCOME TO



**KIDS CONNECTION:  
NURTURING YOUNG SOULS**

Join us for a fun-filled session to develop an inner sense of peace, empathy and values.

Grades 1-8

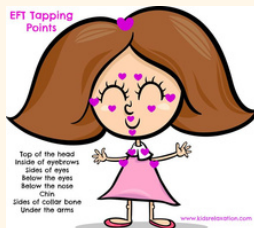
# PROGRAM STRUCTURE

## Opening Session for Gratitude and Expressing Emotions:

We start each session with a brief, inclusive circle to set a respectful and positive tone. This will include a talking stick where each child will have an opportunity to speak about something they are struggling with while encouraging them to be compassionate and support their peers. We will have each child draw how they are feeling that day.

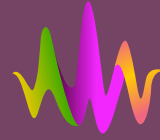
## Tapping and Breathwork for Anxiety:

We will start by explaining what anxiety is and how it can affect kids physically and emotionally. We will equip the children with tools to manage their emotions and develop positive character traits through tapping techniques (EFT) and mindful breath work practices to calm their emotions. We will use visual aids to explain the different emotions.



## Energy Field Protection and Vibration:

We will teach the children about energy and their own energetic field (personal space) using visual aids. We will engage the children in a simple visualization technique and encourage them to protect their energy field daily. We will teach the children that everything is energy and has a vibration (ie, plants and nature) and use techniques to demonstrate this.



## Snack and Restroom Break:

Light snack and restroom break before heading outside. Each child will bring their own snack. Water is provided.

## Grounding, Plant Music and Nature Connection:

We will teach the children how to ground their energy with the earth through visualization practices and earthing techniques in the forest. We will teach them how and why to respect mother earth by spending time in nature, exploring and appreciating the world around them. This will include a short nature walk, listening to plant music and observing animals (weather permitting, this may take place indoors).



## Music and Movement:

We will incorporate singing, dancing, musical instrument playing or other movement activities that are fun and lighthearted to move their energy and raise their vibration.



## Basic Yoga and Stretching:

We will have fun doing basic animal yoga poses to prepare for the meditation practice.



## Mindfulness and Meditation:

We will practice simple mindful exercises or guided meditation to help the children become centered and aware of their thoughts and feelings while being mindful of their breath. We will add sound healing for deeper focus and relaxation.



## Closing Circle, Prayer and Affirmations:

We will express gratitude for the time spent together followed by a simple prayer for gratitude and sending love to friends, family and the world. This will be followed by positive spoken words to raise confidence and self worth.