



MINDFUL EXPLORERS CAMP

FOR EXPLORERS AGES 8-11



June 2nd-5th **9AM -12PM** Nord Kalsem Park - Huxley, IA (\$140)

July 21st-24th **9AM -12PM** Nord Kalsem Park - Huxley, IA (\$140)

July 28th-31st **1PM - 4PM** Horizon Elementary - Johnston, IA (\$170)

Dates don't work? Location too far? Child not the right age? I can work virtually with you and your child!

YOUR CHILD WILL KNOW:

- HOW TO FOCUS AND STAY MINDFUL
- CREATIVE WAYS TO SOLVE PROBLEMS
- STRATEGIES TO MANAGE EMOTIONS
- EFFECTIVE COMMUNICATION SKILLS

YOUR CHILD WILL FEEL:

- MORE CONFIDENT IN THEMSELVES
- CONNECTED WITH NEW FRIENDS
- EMOTIONALLY BALANCED AND IN CONTROL
- EXCITED TO TACKLE CHALLENGES

YOUR CHILD WILL BE ABLE TO:

- MAKE FRIENDS AND WORK WELL WITH OTHERS
- EXPRESS THOUGHTS AND FEELINGS CLEARLY
- STAY CALM AND FOCUSED IN DIFFERENT SITUATIONS
- SOLVE PROBLEMS WITH A CREATIVE MINDSET

CAMP LED BY MELISSA GUTSHALL

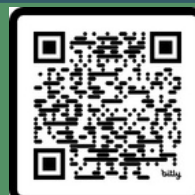


- ELEMENTARY TEACHER WITH MASTERS DEGREE
- CERTIFIED 'WHOLISTIC' NEUROGROWTH LEARNING SUCCESS COACH
- FORMER ENTHUSIASTIC CAMPER AND CAMP ENERGETIC COUNSELOR

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Register Here!