

Dive into the world of emotions at,

# INSIDE OUT

## Emotions Exploration Camp

Inspired by the movie Inside Out, this camp helps kids explore their feelings in a fun, interactive way. Each day focuses on a core emotion through creative projects, yoga flows, and mindfulness games designed to boost emotional regulation, resilience, and joy.

✓ **Emotional Exploration:** Discover Joy, Sadness, Anger, Fear, and Disgust through themed yoga poses and interactive activities.

✓ **Creative Expression:** Bring emotions to life with hands-on projects like emotion jars, creative projects, and crafts.

✓ **Emotion Games:** Play fun, movement-based games to understand emotions and how they work together.



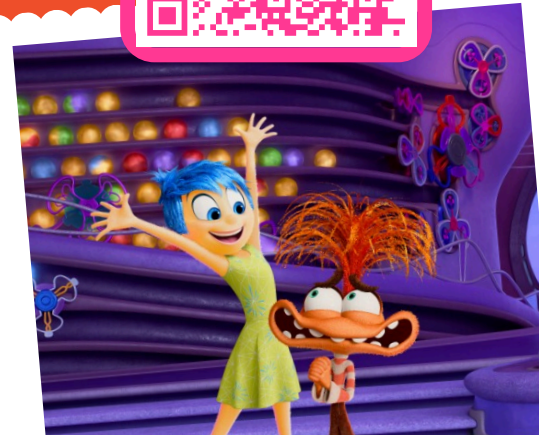
What We'll Do:



**JULY 28TH - 31ST**  
1:00 PM - 4:00 PM  
**GRADES 1ST - 8TH**

**REGISTER  
TODAY!**

SCAN ME



<https://www.themindfulnessmovement.net/summer-camps>