



Fall Programs for kids

when: November 7,8,9

Where: Bon Accord Community School

The Bon Accord Mindful Mentors Team will be offering programming this Fall Break for children ages 5-13 years old. Program sessions will run from 9-11 am or 1-3pm. Spaces are limited. Register soon!



Call/text Marnie @ 780-719-3526 or email marnie.kassian@sturgeon.ab.ca with any questions.



Does your child get frustrated, worry or feel insecure?

Join us from 9-11 am as we meet the Worry Woo's. Each morning we will meet a new Woo that tackles complicated feelings.

This SEL evidence based curriculum strengthens empathy, resilience and introduces basic and complicated emotions. Each session will include a story, craft and movement activity.

Tuesday, Nov 7 - Meet Wince- The Monster of Worry- make a sensory CALM bottle

Wednesday, Nov 8 - Meet Squeek- The Monster of Innocence - make Fidget Putty

Thursday, Nov 9 - Meet Twitch- The Monster of Frustration- make a Fidget Stick

This program is best suited to children aged 5-8 years old.

ONLY 12 SPOTS AVAILABLE

Come join us from 1-3pm as we learn about the importance of taking chances, making mistakes & finding courage to develop a growth mindset.

Each session, we will share a story from the Kobi Yamada trilogy & create a craft that accompanies the story & engage in some fun games to promote cooperation.

Tuesday, Nov 7- What do you do with an idea? - open ended Craft- Re-use items

Wednesday, Nov 8- What do you do with a Problem? - create a spyglass craft

Thursday, Nov 9- What do you do with a chance? - Origami creations



This program is best suited to children 7-13 years.

Each session begins with a movement activity, followed by a calm circle.

*Please bring indoor shoes/ wear messy clothes