



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

MINDFULNESS FOR KIDS:
CULTIVATING AWARENESS AND CALM

IMAN K. SLEIMAN
Founder / Managing Director

www.soothing-hearts.com



Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



Mindfulness for Kids: Cultivating Awareness and Calm

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Soothing hearts workshop

Overview: This engaging workshop is designed to equip parents, caregivers, and educators with tools and techniques to teach mindfulness to kids. Participants will understand the benefits of mindfulness, learn age-appropriate mindfulness exercises, and explore ways to incorporate mindfulness into a child's daily routine.

Objectives: Participants will:

1. Understand the concept of mindfulness and its benefits for children.
2. Learn a variety of age-appropriate mindfulness exercises.
3. Discover practical ways to incorporate mindfulness into a child's everyday routine.

Structure:

- Session 1: What is Mindfulness?: Understanding mindfulness and its importance in children's mental and emotional well-being.
- Session 2: Benefits of Mindfulness: Discussion of the physical, mental, and emotional benefits of mindfulness for children.
- Session 3: Mindfulness Exercises for Kids: Participants will learn and practice a variety of mindfulness exercises suitable for kids.
- Session 4: Incorporating Mindfulness: Strategies to incorporate mindfulness into a child's everyday routine.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, exercises, and additional resources for teaching mindfulness to kids.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in promoting mindfulness in children.



"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.







"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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