

# Mindful Kids

Second Grade - Fifth Grade

With Samata DeCori

Odyssey Community School

Mondays 3:45 - 4:45

Sept. 19, 26, Oct. 3, 10, 17, 24

During this 6 week series we will explore techniques developing tools for kids to cultivate a greater understanding of their bodies, manage their emotions/self-regulate, and strengthen communication skills. We will be using art, movement, and games to explore:

~ **mindfulness and meditation techniques**

~ **self-awareness exercises**

~ **gratitude practice**

Cost: 6 classes for \$75

Please register in the Odyssey office or  
email: [sdecori@odysseycommunity.org](mailto:sdecori@odysseycommunity.org)



Samata began teaching at Odyssey in 2007. She has taught Pre-K through third and is currently teaching fourth and fifth grade. She is passionate about students developing self-awareness and communication tools. Samata has spent the last fourteen years cultivating centering practices that have inspired this workshop.