



### Mindfulness Movement After School Program Permission Slip

Children and teens today have many stressors in their daily lives. The simple act of teaching children how to stop, focus and just breathe could be a valuable coping skill for life. Hunterdon Healthcare, Hunterdon Health and Wellness Centers and Partnership for Health will offer a Mindfulness Movement class for 3<sup>rd</sup>-4<sup>th</sup> grade students at High Bridge Elementary School. A few benefits to mindfulness movement include enhanced focus, fostering compassion and self-esteem, boosting confidence, building empathy and happiness, builds emotional and psychological resilience, reduces stress and anxiety and provides an opportunity to unplug.

Date: Tuesdays (Nov. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and Dec. 7<sup>th</sup>) – *Please only sign your child up if he/she can participate in all four classes.*

Time: 3:15 p.m. – 4:00 p.m.

Place: High Bridge Elementary School - Library

Cost: Free – Please bring a towel to sit on

Please return this permission slip below to register your child:

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Name.

Grade\_\_\_\_\_

Age\_\_\_\_\_

My Child will be picked up by\_

I am allowing my child, \_\_\_\_\_ to participate in the mindfulness movement kids' education series. Parent/guardian signature

Are we allowed to take pictures during class of your child?

These pictures would be used to promote the program at the school and also through Hunterdon Healthcare's news, website and social media channels.