



Go+Well into Summer – Kids Social & Emotional Class

Class Description: Children will enjoy playing in wide open green spaces and explore the beauty of the gardens while building social and emotional skills in order to increase well-being through movement and nature. Participants will increase self-esteem and confidence through fun and engaging activities including scavenger hunts, choice of art activity and outdoor games. Parents are invited to walk the gardens or enjoy a coffee at Nixon's coffee shop on site while you wait.

Benefits of Being in Nature:

- + **Boosts** mental health
- + **Increases** physical activity
- + **Increases** feelings of relaxation
- + **Decreases** stress
- + **Increases** ability to stay in the present moment
- + **Promotes** social interaction



SESSION ONE

June 7th, 8th & 9th (3 classes)

Boys ages 10-12 | 9:00am - 10:00am

Girls ages 10-12 | 10:30am - 11:30am

&

SESSION TWO

June 14, 15th & 16th (3 classes)

Boys ages 10-12 | 9:00am - 10:00am

Girls ages 10-12 | 10:30am - 11:30am

Cost: \$65/single class -or- \$195/full session (3 classes) -or- \$350/both sessions (6 classes)
Private sessions available, please inquire for details.

Class Location: Hudson Gardens – 6115 S. Santa Fe Drive, Littleton CO 80120



To register or inquire, please email Lindsey Ervin at lervin@claritygroup.org or call **303-323-4722 ext. 707**. Please include your name, your child's name, age and which class or sessions they would like to attend. Each class will be limited to 5 participants. Please register by May 20th. Thank you!

For more about Lindsey, please visit www.claritygroup.org/lindsey-ervin