

# KHG AWAKE – Mindfulness and sustainable mental health

Term 1, 2019

Junior & Senior ages 5-11, 12-16

Costs: \$65/student (\$78 non-HEWA)

Instructor: Christyne Williams

AWAKE looks at these issues:

**Aware** of what they know and feel

**What** they need - information, skills, support

**Authenticity** - Be themselves and face the fears

**Keeping eyes forward** - Look ahead opportunities, possibilities, and change

**Everyday mindfulness** - be in the now, present and awake

How they can be intentional in their decision making

How to respond, not react

We work at ways to be confident in how we interact with others and strategies for managing challenging behaviours; our own as well as theirs.

Positive listening and speaking skills are covered.

Positive mental health is discussed and what we need to remain mentally, emotionally, and physically healthy.

We look at daily habits, eating, sleeping, rest, and activity.

The program is fun, engaging, age appropriate, and respectful of other cultures and beliefs. Children of all abilities are welcome.