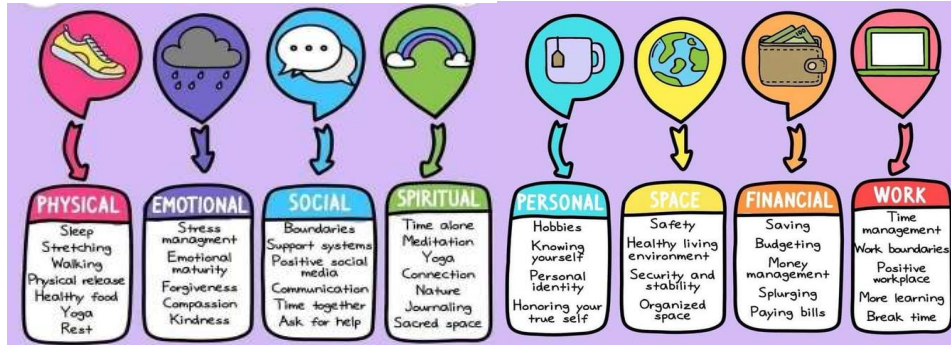


Self-Care Skills with Ms. Mc Cain



Includes: An overview of why self-care is important and how we can show ourselves respect, love, and patience.

Goals: Children will learn skills to better their relationship with themselves by building self-help and coping skills as well as develop confidence and love for their growth, so they are able to express how they feel in a healthy way.

Who: 4-6 year old NDA students

Where: Kinder Prep 1 classroom

Cost: \$160 per child (8 classes) - **NO REFUNDS**

Time: 3-4 pm

Dates: Thursdays -

September 26th

October 31st

October 10th

November 21st

October 17th

December 5th

October 24th

December 12th

Student Name _____

Allergies (if any) _____

Parents/Guardian's Name(s) _____

Phone Number _____

Emergency Contact (other than parents) & Phone Number _____