

# ECHO HORIZON SCHOOL PRESENTS



## BREATHE IN SOME BALANCE: KID-FRIENDLY MINDFULNESS ACTIVITIES FOR THE WHOLE FAMILY

SAVE  
THE  
DATE

Thursday, January 21st  
4:00-5:00PM



How do we learn to take a pause, reset, relax, and feel centered? Mindfulness tools are invaluable for all ages. When children learn these tools, they draw on research-based benefits that can help them at all stages of life. In this experiential webinar for parents and caregivers, you'll learn simple mindfulness tools to help your young child (and you)

find greater ease and well-being.

First, you'll experience the power of a pause, as you engage in a brief mindfulness practice for adults. Then you'll learn several fun mindfulness practices, including games, crafts, and stories, to share with your child. These will offer your child some tools to help settle and calm, understand and navigate emotions, deepen a sense of connection with others, and cultivate gratitude and joy. While these fun activities are geared for young children from Pre-K to second grade, they are easily adaptable for older children. Many are great to do together as a family!

[Click here to RSVP](#)

### **Presenter Ellis Enlow**

Ellis Enlow has worked in early childhood education for over two decades in a variety of capacities, including as a preschool director. She developed Echo Horizon School's Pre-K program and is also the school's Mindfulness Mentor. She takes great joy in being present for her young students, supporting their growth, and marveling at their capacity to be profound in ways that are unique to four- and five-year olds.



As the school's Mindfulness Mentor, she shares the benefits of mindfulness by supporting its integration into student learning and by teaching it to faculty and parents. Ellis completed the year-long Training in Mindfulness Facilitation through UCLA's Mindful Awareness Research Center; trained with Susan Kaiser Greenland, a pioneer in adapting mindfulness practices for children; and completed Mindful Schools' year-long Mindful Teacher Certification program. She is grateful for the opportunity to blend her love of teaching young children with her passion for sharing mindfulness with kids, parents, and educators.

Ellis received an M.A. from Pacific Oaks College in Human Development, with a specialization in Early Childhood Education; a J.D. from Northeastern University Law School in Boston; and a B.A. from Pennsylvania State University in Sociology. She is the parent of two adult children, and a sweet, if somewhat unsocialized, rescue dog named Lila.

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