



## STORYTIME & MINDFULNESS WORKSHOP

### ***Practice Mindfulness through Storytime! (Ages 3-8)***

Enjoy a Storytime and Mindfulness Workshop with children's author and mindfulness instructor, Michele Foote.

**\*\*Book Review\*\***

*What Should We Do Today, Mommy?* is a wonderfully appealing picture book for young children, their parents, and teachers. It will engage readers with immediacy, for who has not heard the words, "What should we do today?"

The author takes an obvious delight in looking at the daily life of a mother and daughter as they explore their home, neighborhood, and community looking for things to do. Through the enthusiasm of the child, these simple adventures become a delight for both and remind us of the joy of being in the present moment. The illustrations throughout the Chicagoland area bring this daily quest to life and charm with their whimsical portraits of an energetic little girl and mother enjoying their day together. There is warmth, love, and affection pervasive on each page, reminding us of the joy of accompanying a young child who looks out at the world each day with fresh eyes!

~ Dr. Joan Franklin Smutny, PhD, Director of The Center for Gifted/Midwest Torrance Center for Creativity

A fun and engaging way to slow down and connect with your child or students through Storytime!

By practicing simple breathing exercises with your child or students, you will plant the seeds for them to develop their own mindfulness practice one day!

Adults and children will discuss gratitude by journaling, drawing, and sharing special moments!

### ***What is Mindfulness?***

*Mindfulness is bringing your attention back to the present moment with kindness and curiosity—with fresh eyes, like a child!*

~ Michele Foote

### **Benefits of Mindfulness:**

- Improves physical and mental health.
- Improves cognitive functioning and creativity.
- Builds stronger relationships.
- Improves focus, memory and decision-making skills, less reactivity.
- Inspires more empathy, compassion, and love.
- Reduces stress, anxiety, depression, and even chronic pain.