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"Flow Through Summer" Week 3: June 20-24

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thank you for being here!

CONTACT:

Dana Dyksterhuis, Co-Founder
dana@hereforyouforthem.com

Jen Armstrong, Co-Founder
jen@hereforyouforthem.com

"The program will offer a mindfulness curriculum that will incorporate themes relating to boosting the well-being of the young people by engaging with them with the goals of developing self-regulatory capacities, positive self-concept, supportive relationships and healthier lifestyles."



FROM THE INSTRUCTORS:

"Any time you're feeling down, think about this (the things you're grateful for)... Remember your laughing and smiling!" ~ Nedu

G: "Why would you want to give up control of your mind?" Nedu ~
"Mindfulness is the acceptance of what's happening."

M really bonded with us ~ On Tuesday morning after seeing all the new craft supplies she was so happy, and told Carole and I how she crocheted blankets. We asked her if she would teach us how to crochet and she was happy about that.

"I won't let you fall T." ~ Anne-Marie while helping T with Crow Pose

"Working with lots of components of Yoga and Mindfulness today; physical, mental and emotional. Our focus will be on our relationships with technology and social media, and ways we can be more intentional around our use." ~ Carole

G&L told Carole that when they pile up the cushions and blankets they are their "nests."

"Remember the 5 Senses exercise..." (to come back to the present) ~ Nedu

FROM THE YOUTH:

"That never really existed." ~ G to Nedu when discussing receiving positive feedback. "We'll talk about that more G." (Nedu offering support.)

Regarding a breathing exercise that also help strengthen the abs: Instructor Anne-Marie, "It's a power breath!" G: "Ahhhh I feel it in my core!!!"

"This space is very chill." ~ Z

Observation: Z is incredibly supportive and encouraging of his friends... "You can do it T!" (Many examples of him encouraging others.)

"I missed you yesterday because there were no sessions." ~ G to Dana regarding Thurs being free day

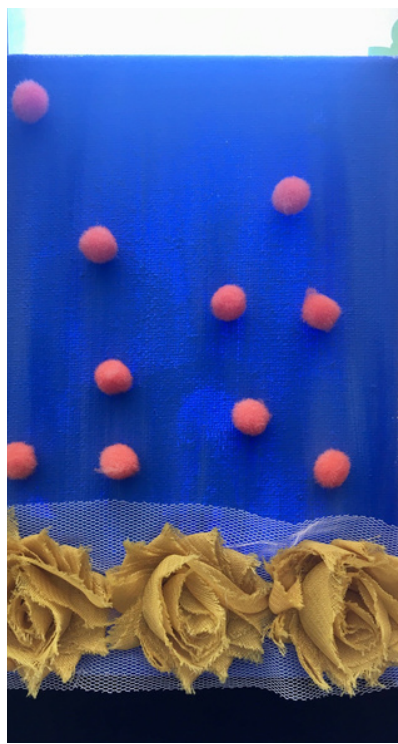
In a gratitude lesson with Nedu, G&L easily named more than 100 things they were grateful for including their dad's porridge, "Grandma letting me drive the golf cart," learning how to cook, the food they eat, their skateboards, dogs, etc."

"Gratitude is a really important part of happiness." ~ G after Nedu's session.

"It's only 5% positive... The only benefit is connection." ~ L&G regarding social media during session on technology.

"I'm thankful for being able to see my brother through the week." ~ G

DOUBLING-DOWN ON COMFORTING ITEMS, ART + GAMES LIKE RING TOSS



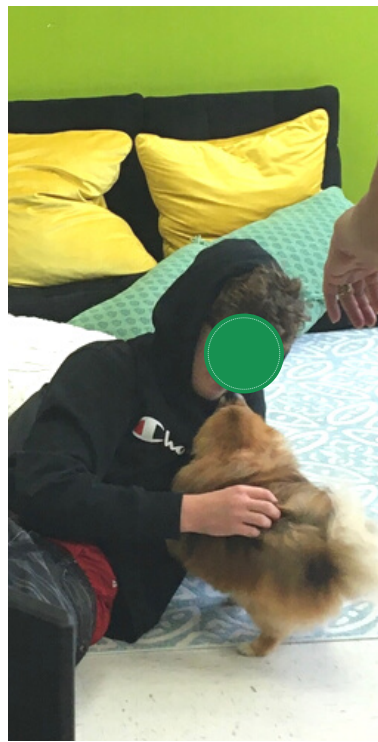
MOVEMENT, MINDFULNESS WITH ANNE-MARIE (+ RELAXED, SLEEPY EYES)



MINDFULNESS SESSIONS, GETTING COSY IN "NESTS" DURING MEDITATIONS WITH NEDU AND CAROLE



PERSONAL TRAINING + TEAMWORK WITH DANIEL, PLUS MORE "TED" THE COMFORT DOGGIE



FLOW
THROUGH SUMMER
BY HERE

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See you next week!



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