



# MINDFUL EXPLORERS CAMP

## FOR EXPLORERS AGES 8-11



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**June 2<sup>nd</sup>-5<sup>th</sup> 9AM -12PM Nord Kalsem Park - Huxley, IA (\$140)**

**July 21<sup>st</sup>-24<sup>th</sup> 9AM -12PM Nord Kalsem Park - Huxley, IA (\$140)**

**July 28<sup>th</sup>-31<sup>st</sup> 1PM - 4PM Horizon Elementary - Johnston, IA (\$170)**

**Dates don't work? Location too far? Child not the right age? I can work virtually with you and your child!**

### YOUR CHILD WILL KNOW:

- HOW TO FOCUS AND STAY MINDFUL
- CREATIVE WAYS TO SOLVE PROBLEMS
- STRATEGIES TO MANAGE EMOTIONS
- EFFECTIVE COMMUNICATION SKILLS

### YOUR CHILD WILL FEEL:

- MORE CONFIDENT IN THEMSELVES
- CONNECTED WITH NEW FRIENDS
- EMOTIONALLY BALANCED AND IN CONTROL
- EXCITED TO TACKLE CHALLENGES

### YOUR CHILD WILL BE ABLE TO:

- MAKE FRIENDS AND WORK WELL WITH OTHERS
- EXPRESS THOUGHTS AND FEELINGS CLEARLY
- STAY CALM AND FOCUSED IN DIFFERENT SITUATIONS
- SOLVE PROBLEMS WITH A CREATIVE MINDSET

### CAMP LED BY MELISSA GUTSHALL

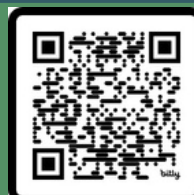


- ELEMENTARY TEACHER WITH MASTERS DEGREE
- CERTIFIED 'WHOLISTIC' NEUROGROWTH LEARNING SUCCESS COACH
- FORMER ENTHUSIASTIC CAMPER AND CAMP ENERGETIC COUNSELOR

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