



# Movement and Regulation Group



Does your child have a hard time controlling impulses, struggle to keep focused or have difficulty with self-regulation? They will learn to regulate emotions and sensory needs through movement and play!

## Come Hang Out With Us

**Wednesdays:** 11:00 AM – 11:45 AM

**Starts:** Wednesday, July 13<sup>th</sup>, 2022

**Length:** 6 weeks (runs through August 17<sup>th</sup>)

**Ages:** 5 – 8 years old

**Group Size:** 8



**Goal:** To teach kids how to calm and organize their systems to better cope with life stressors and day-to-day situations through body control and awareness.

**Objectives:** A group for kids to learn a new tool at each session that will explore and practice different techniques to guide them to stay in the moment, process their emotions and keep calm.

1. Regulate excitability and control impulses through fast and calming movement.
2. Explore sensations that are calming or alerting.
3. Gain familiarity with mindfulness, breathing, yoga techniques, and using senses.
4. Participants will create a *Sensory and Calming Strategy Toolbox* to take home at the end of the group!

**Preregistration is Required:** contact Integrative Psyche at 414-545-4430 or by email: [Integrativepsychegroups@gmail.com](mailto:Integrativepsychegroups@gmail.com)

**Cost:** \$295 for the 6-week program.

