



**Mounds View Public Schools
and the
Special Education Parent and Professional Advisory Council
(SEPPAC)**

Join us on **November 11th, 2021** along with Island Lake School Psychologist, Dawn Walker, and Sunnyside School Psychologist, Kari Hosmer Ballata, for a discussion on Calm Down Kits and Mindfulness, two strategies that help promote self-regulation.

A calm down kit is a kit full of visuals and tools to help children cope with their emotions in a positive and safe manner. Mindfulness is a mental state of active awareness in the moment while carefully observing your thoughts and feelings without judgement so that you can be your best self.

Thursday, November 11, 2021 6:45-8:15 p.m.
District Center Board Room
4570 Victoria St. N., Shoreview