

# WINTER 2022

## Enrichment Programs for Kids

### Listening Wellness Center

Winter Classes all  
**LIVE ON ZOOM**

#### Watercolor Painting with Jen Swan

4 weeks: Mondays • 4:00–5:00 pm • 1/10, 1/24, 1/31, 2/7 • Ages 6–12 • \$45

Let's explore the art of watercolors, one of the most playful and expressive forms of painting. We will learn about warm and cool colors, experiment with wet and dry effects and add salt for texture. With all these skills, your paintings will transform your ideas into light filled creations. Projects will include painting sky studies, animals and snow covered mountains.

**REGISTER**

#### .breathe with Jen Zehler

4 weeks: Tuesdays • 4:15–5:00 pm • 1/18, 1/25, 2/1, 2/8 • Grades 4–8

\$10 donation to Listening\*

In this mini-series young people in Grades 4-8 will “dip their toes in mindfulness,” exploring the ways in which this might support them through the highs and lows of adolescent life. In particular, we will explore issues around:

- Working with the capacity of attention; exploring how we can work with a wandering mind.
- Why humans worry, and how to support ourselves when we do so.
- Sleep—why it is important and what to do if we struggle to sleep well.
- Being with others—the opportunities and challenges of working skillfully with friendships and other relationships, both in person and online.

**REGISTER**

#### YOU are a Lion! with Jen Zehler

4 weeks: Wednesdays • 3:45–4:15 pm • 1/19, 1/26, 2/2, 2/9 • Pre-K–Grade 1

\$10 donation to Listening\*

In this mini-series for young people in Pre-K-Grade 1 we will practice a variety of mindfulness movement activities that promote flexibility and focus. Students will need a mat, towel, or blanket, and space for this fun and engaging class.

**REGISTER**

#### Mindfulness & the Art of Drawing with Jen Zehler

4 weeks: Wednesdays • 4:30–5:15 pm • 1/19, 1/26, 2/2, 2/9 • Grades 2–6

\$10 donation to Listening\*

In this mini-series young people in Grades 2-6 will explore how the simple act of putting pen to paper creates a deeper connection with ourselves and the world around us. Student's will need a sketch book, or blank paged journal, pencils, and a thin sharpie.

**REGISTER**

*\*Funding for the mindfulness program is generously offered by the benefactors of the non-profit Trinity Institute for Applied Neuroscience and Spirituality ([tians.online](https://tians.online)) who strongly believe in the value of this work. The \$10 donation reserves your child's space and supports programming offered by Listening.*

**HOW TO REGISTER:** Click on each program button for more information and to register on Eventbrite.

**PLEASE REGISTER EARLY: Cutoff date is 7 days prior to first class.**

**SCHOLARSHIPS** are available by a grant from Barre Savings Bank Charitable Foundation. We encourage you to apply by emailing [listeningwellnesscenter@gmail.com](mailto:listeningwellnesscenter@gmail.com) or selecting the scholarship ticket in the event.

*Funding in part by local Cultural Councils including Hardwick/New Braintree Cultural Council, Hubbardston Cultural Council, Barre Cultural Council, and Barre Recreation.*

[listeningwellness.org](https://listeningwellness.org) • 978-355-3501

*Disclaimer: The activity announced here is NOT sponsored or approved by the Quabbin Regional School District. It is offered by a private agency.*

