



Programs for Grades K-5

February

Art Adventures for Kids - Wednesday, Feb. 25 - 4:30-5:30 PM
Kids will display their creativity by making watercolor artwork.



March

Calm & Centered: Kids Yoga & Mindfulness - Monday, Mar. 23 - 6:00-6:45 PM
Inspired by the transition from winter to early spring, this session will support students in building calm, focus and confidence through gentle movement, breath awareness and mindfulness practices.



April

Zumba Kids: Wellness in Motion - Wednesday, Apr. 22 - 4:30-5:15PM
Kids will use teamwork and cooperation to dance, play games and learn some fun rhythms.



For more information visit our website:

www.northvilleyouthnetwork.org

Registration Required

bit.ly/nynwellnesselementary25-26

Featured Wellness
Skills

● Physical

● Social

● Mental

● Emotional