

# SUPERKID POWER: 3D Accelerated Social Emotional Learning *Building Inner Strengths in Children*

**November 7-21, 2020**

**100% Online!**

**Complete independent work through Moodle  
and attend two one-hour Zoom sessions**

Complete the course for training hours (FREE)  
OR for college credit (\$55 Tuition)

## **About this course:**

Implementing strategies and techniques to promote navigation of **self-regulation** and **mindfulness** in young children that leads to self-actualization establishes the foundation for **Social Emotional Learning** that fosters inner strength with skills. Mental/emotional/physical aspects of inner awareness and functioning as a system with breathing in every emotion and thought is emphasized as the platform for self help skills and prevention of unnecessary stress in growth, **relationships**, and society contribution.

Prevention and **resilience** are natural by-products for children who gain **confidence** as their own heroes. 3D Learning makes learning tangible and exciting in addition to accelerating absorption and integration of the skills. This will be a **highly experiential** course!



**SOUTHWESTERN**  
AN OREGON COMMUNITY COLLEGE

**SO** | **Southern OREGON**  
**U** | **UNIVERSITY**

**Presented By:**  
**Janai Mestrovich, M.S.**  
**AKA Grandma Boom**



## **About Janai:**

Janai Mestrovich, M.S., aka Grandma Boom, has 44 years of pioneering her 3D teaching approach for children in many settings. She trains adults in a twofold modality to grasp the skills for managing stress and mental/emotional self regulation themselves while also learning how to relay these skills to young children. Her television work and educational programs are award winning. She has authored seven books available on Amazon. She happily grandmothers two grandchildren. Her work is displayed on two websites:

[www.grandmaboom.com](http://www.grandmaboom.com) and  
[www.superkidpower.org](http://www.superkidpower.org)

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