

Mindful Recovery

In-Classroom Arts Experience

Arts-based professional development to help young children grow stronger, calmer, and more resilient, through the power of the arts

Teaching artists
come to **YOU**.

Just a **5-hour**
commitment.

You pick the days.
You **choose** the pace.

BUILT AROUND YOU

- ✿ Personalized planning to identify classroom goals
- ✿ Three 1-hour classroom visits with a teaching artist
- ✿ Designed for ages birth-5
- ✿ Free materials & resources for you to keep
- ✿ Follow-up reflection & support



Now Open!

Bring Mindful Recovery to your classroom on your schedule

**FREE opportunity for all
licensed child care sites in
Sarasota County**

Big Feelings Can Become Big Strengths

Sign-Up Today! Programs@PerformingArtsFoundation.org

