

Dear parents/guardians,

Calm Cowboys is a program that was designed to help students learn new skills to manage feelings through breathing, movement, and calming techniques. Our focus is to help students learn basic techniques to improve breathing, calming, relaxation, concentration, and emotional regulation.

We are ready to begin our second 6 week session. Classes will be on Wednesdays (January 29th, February 5th, 12th, 26th, and March 4th and 11th). We will have a morning class from 6:30am to 7:00am, open to Kinder – 5th grade and an afternoon class from 2:30 to 3:00pm, **open to 3rd – 5th graders** (we will have to limit each session to the first 25 participants that sign up).

Please check/initial next to which class you would like your child to attend:

_____ Wednesday – 6:30am to 7:00am (Kinder – 5th Grade)

_____ Wednesday – 2:30pm to 3:00pm (**3rd – 5th Grade**)

Transportation must be provided to (for before school group) and from (for after school group) school by parent/guardian

The goals of the program are:

- To provide a physical maintenance and relaxation program to improve physical and mental well-being.
- Learn simple relaxation techniques to help the student calm the body and manage strong feelings.
- Practice positive thinking – “I am strong. I am in control. I can do it.” –to help students gain confidence in their abilities.
- Learn physical movements that increase concentration and self-control.

If your child would like to participate in this group, please return this form to Mrs. Hollis.

Student Name: _____

Teacher: _____

Parent name(s): _____

Parent phone number: _____

For afternoon sessions: How will your child get home? (please check one): walk home _____ /after school care _____ / or will be picked up by a parent _____ or the following person

children should be picked up no later than 3:10pm on Wednesdays

If you have questions or would like more information, please contact me at jhollis@ffc8.org or 719-382-1528.

Jen Hollis
School Counselor
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