

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 29<sup>th</sup>, February 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>, and March 4<sup>th</sup> and 11<sup>th</sup>). We will have a morning class from 6:30am to 7:00am, open to Kinder – 5<sup>th</sup> grade and an afternoon class from 2:30 to 3:00pm, **open to 3<sup>rd</sup> – 5<sup>th</sup> grade** (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 – 5<sup>th</sup> 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: \_\_\_\_\_

Jen Hollis  
School Counselor  
Eagleside Elemenatry