

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 will have two 8 week sessions this school year:

\_\_\_\_\_ October 16<sup>th</sup> to December 13<sup>th</sup>, 2018 (No class on Nov. 6, Nov. 20-22<sup>nd</sup>)

\_\_\_\_\_ January 22<sup>nd</sup> to March 14<sup>th</sup>, 2019 (No class on Feb. 14<sup>th</sup>)

And will occur weekly as follows (please initial next to the time and day(s) your student will be attending. May attend all classes).

\_\_\_\_\_ Tuesday and Thursday – 6:30am to 7:00am

\_\_\_\_\_ Tuesday and Thursday – 2:30pm – 3:00pm

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: \_\_\_\_\_

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 3:05PM on Tuesdays and Thursdays\***

If you have questions or would like more information, please contact me at [jhollis@ffc8.org](mailto:jhollis@ffc8.org) or 719-382-1528.

Jen Hollis  
School Counselor  
Eagleside Elemenatry