



MSU Extension Presents: Online - Extension Extras for Professionals Mindfulness for Young Children

DATE:

July 24, 2026

TIME:

1:00 PM - 2:30 PM

FREE

Register at:

[https://msu.zoom.us/
webinar/register/
WN_SzbuvByZSUiHi0
uuzEycGw](https://msu.zoom.us/webinar/register/WN_SzbuvByZSUiHi0uuzEycGw)



For more information or
accommodations* contact:

Courtney Aldrich

aldric82@msu.edu

(517) 993-8649



DESCRIPTION:

July 24 Mindfulness for Children

Techniques of mindful awareness can help children learn to pay closer attention to their thoughts, feelings and emotions. Learn ways to help children reduce stress and anxiety to enhance their well being. Explore what the research says, get ideas for mindfulness activities and explore children's literacy that supports mindfulness practices.

Extension Extras for Professionals is a collection of free online series of childcare workshops that provide guidance for early childhood professionals and caregivers of young children. Trainings are eligible for MIRegistry hours.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_SzbuvByZSUiHi0uuzEycGw

Choose July 24 to register for Mindfulness for Children

After registering, you will receive a confirmation email containing information about joining the meeting

* Accommodations should be requested no later than 2 weeks before class

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