MICHIGAN STATE UNIVERSITY | Extension

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

DATE:
December 22, 2026

TIME:
7:30 PM - 9:00 PM

FREE

Register:
https://msu.zoom.us/webinar/register/WN_IFnjs5SPRiS2knx45I4ePQ





DESCRIPTION:

December 22: 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 Parents is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the joys, challenges and concerns of parenting.

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_IFnjs5SPRiS2knx45I4ePQ

Choose December 22 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**

For more information or accommodations* contact:

Courtney Aldrich

aldric82@msu.edu

(517) 993-8649

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.