



Children's Group Agreement

Welcome to *Oceans of Emotions Group*. I am looking forward to having your child participate for 8 weeks creating art! They will get to learn about emotions through art that can support them at home, school, and their relationships with friends and siblings. They will get to learn about 8 emotions as they draw, paint, and create on their canvas while building coping skills and connecting with their inside self.

We will start the group with a mindfulness meditation with Crystal bowls to learn how to connect with their inside self as a beginning understanding and awareness of the body. The body is always sending messages of sensations and feelings (90% of the information comes through the body to the mind and 10% flows from mind to body), noticing, sensing what their energy feels like, and learning to quiet their mind. They will work with a feelings handout and learn to notice sensations, describe them, and where in their body they feel it.

Each group class has an emotion we will first talk about, ways we connect with feelings, and paint the feeling. When there is enough time I want to provide them an opportunity to play an emotions game such as balloon tennis, treasure hunt to find an emotion, and guess the emotion.

Please take the time to explain to your child:

- To come in and leave the shoes in the shoe rack and wash hands and be ready to meditate on the floor with pillows and blankets if needed.
- The objectives of each week, participation in a 10-minute mindfulness portion.
- They need to know they cannot leave the premises without a parent picking them up.
- Phones will not be allowed in the group so please do not send them with phones.
- There will be fresh fruit and popcorn available as a snack. If your child has any food allergies, please let me know.
- **Respect, Kindness, and Cooperation** is always held as high character standards in the groups that we must all work towards with ourselves and others.



Parents:

This is an 8-week group that meets 2x's a month for two hours (except February). Please have your child here on time.

- Sessions are Thursdays from 5-7pm.
- The groups will be held 2x's a month January, February, March, and April.

Here are the dates:

- January 4th and 18th
- February: 1st & 15th, 29th
- March: 14th & 28th
- April: 11th

Fees:

The fees for each 2-hour group are 65.00 and 130.00 a month. There is also a 1X \$25.00 flat fee for materials that you pay before the groups begin.

1st Payment of 275.00 is due December 29th 2023 and 2nd payment of 275.00 is due January 29th 2024. You are responsible for payment of ALL sessions and no refunds are given for missed sessions. No exceptions. Payment is made online through my website, here is the link: <https://theheartwaycounseling.com/services/>

Please print and sign to bring with you to the first group.

Parent Signature _____ **Date** _____

Therapist Signature _____ **Date** _____