

# ties

Teaching Intelligent Emotions

ONLINE

DIFFERENT  
GROUP AGES



## HAPPY KIDS, HEALTHY EMOTIONS

### This Program will teach your kids to:

- Build their confidence and self-esteem
- Recognize, express and manage emotions in a positive way
- Use self-control and self-regulation techniques for anger, frustration and other unpleasant feelings
- Develop their personal, emotional and social skills
- Kindness, compassion and empathy
- Increase their listening skills and the art of waiting
- Conflict resolution and to stick up for themselves
- Empower themselves against bullying and strengthen emotional resilience

**HOW?** Through group dynamics, movement, literary circles, games, arts & crafts and much more!

**Add to your kids' activities one to help them develop their personal, emotional and social skills**

### MORE INFO AT:

 [ties.emociones](https://www.facebook.com/ties.emociones)

 [ties.emociones](https://www.instagram.com/ties.emociones)

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