

# Emotional Intelligence Club Carroll High School



## Vitality

### A Fun Family Experience

A camp for young dragons 8 - 13 years and parents



Please join us as we celebrate and promote the growth and development of children.

Fun, food, activities and games for children and a thought-provoking workshop for parents!

Reserve Your Spot Today!

Email at [CarrollEQClub@gmail.com](mailto:CarrollEQClub@gmail.com)

Saturday,  
April 9th, 2016  
9:00 - 12:30 PM

**Location:** Basketball Court, Carroll High School



#### Agenda - Children

- 9:00 - 10:00 Fitness Workshop
- 10:00 - 10:15 Break
- 10:15 - 11:15 Resilience Workshop
- 11:15 - 11:30 Break

#### Agenda - Parent

- 9:15 - 11:15 Empathy and Acceptance Workshop
- This workshop will be conducted by Applied Inner Sciences and it will help
  - Develop more effective ways of communicating with children
  - Understand the power of empathy
  - Support children to be more courageous and compassionate.
- 11:15 - 11:30 Break

#### Agenda - Family

- 11:30 - 12:30 Engaging group activities for Children and Parents

All this for just \$75 per family (Refreshments included)

Contact Us: [CarrollEQClub@gmail.com](mailto:CarrollEQClub@gmail.com)

