



## Gargantuan Gratitude After-School Art Club

Tuesdays, October 29 - November 19

Join us for this after-school art club designed to enhance and deepen students' understanding and practice of gratitude! Fall, the season of abundance and thankfulness, is the perfect time to lean into learning all about the power and practice of GRATITUDE! In this class series, we will explore how GREAT it is to be GRATEFUL! And we will create some big art focused on big thankfulness!

### Questions we will explore:

What is gratitude? What are you grateful for? How do you express it in your life? How do you FEEL when you are feeling grateful? What is the opposite of gratitude? What are you focusing on when you feel this way? And how do you FEEL then?

### Key learning points:

Gratitude can change your mood, your energy, your life! Gratitude immediately shifts your perspective to one of love, appreciation, acceptance, kindness, and generosity.

## Soulful Seeds After-School Mindfulness through Art Classes

Our after-school art classes designed to introduce engaging mindfulness tools and practices that cultivate social-emotional development, confidence, resilience, and a growth mindset. Each class includes hands-on creative projects that enhance learning and reinforce the lesson by integrating it into unique, artistic creations.

Classes are held immediately after-school. A light snack and all supplies are provided. This is a 4-week session, Tuesdays, October 29 - November 19.  
Tuition: \$88/student.

[CLICK HERE TO REGISTER](#)

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