

# Our Programs

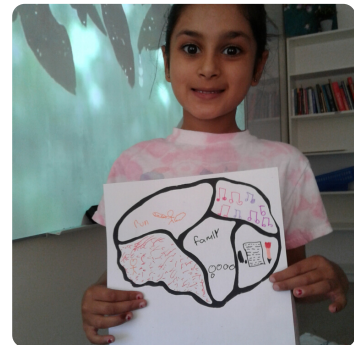
## MINDSET MASTERS: I CAN DO IT!

Students entering Grades 2-4 | Half-day program

Our brains can be hardwired to adapt, be resilient, and overcome failure to achieve our very best! Mindset Masters: I CAN DO IT is a great program for young leaders to explore their goals, mindfulness activities, and team-building skills in a fun, hands-on learning environment.

### Children will experience:

- **Downtime:** Deep breathing, attention training, and mindfulness practices to build resilience and a positive “growth” mindset.
- **Others:** Active listening, visual goal setting, arts-based activities and team building exercises to develop leadership, communication and contribution skills.
- **Play:** Neuroscience tools and an interactive play-based learning environment to develop their ability to overcome failure, be comfortable with mistakes, set personal goals, and master a positive mindset.



“Since his time at Dolphin Kids camp, he has shown an increased willingness to try new things and persevere through daily challenges.”

Parent, Summer 2018