

The T.A.S.A.M. Program
Tackling Anxiety & Stress through Arts and Mindfulness



Calming

Understanding

Awareness

Mindfulness

Strategies

Movement

Summit Heights Public School Presents:
The T.A.S.A.M. Program
(Tackling Anxiety and Stress through Arts and Mindfulness)
Thursday, May 16th during the school day (students only)
Parent Discussion- 8:00pm-9:00pm

Using our creative arts approach to education, Arts Express has developed **The T.A.S.A.M. Program** to provide children and their parents with lifelong strategies and techniques to cope with anxiety and stress, helping them effectively eliminate the stigma and discomfort of these issues for years to come.

During the school day, students at Summit Heights from grades JK-6 will experience a storytelling performance of the story "Milton's Secret" on the topic of mindfulness. This workshop is focused on **helping students use the creative arts to develop a tool box to use in every day situations when they encounter stress or anxiety**

Parents can then join us in the evening for a presentation by **Child and Youth Counsellor and mental health advocate Jennifer Kay** to discuss childhood anxiety, parental intervention and how to help your child create the tools needed for a lifetime of wellness.

The topics that will be addressed by this program will include:

- ❑ Identifying the seriousness of your child's anxiety and stress levels
- ❑ Tools to use to help alleviate minor everyday anxieties and stress
- ❑ Kid-friendly approach to developing useful strategies
- ❑ Leading by example
- ❑ The importance of exercise
- ❑ Communicating with your anxious child without frustration
- ❑ Developing a safe structure within the home environment
- ❑ Knowing when to seek professional help