

Kid Empowerment Smashing ANTs™ (Automatic Negative Thoughts)

Grades: 1 - 5

Thursdays: 4/12, 4/19, 5/3, 5/10, 5/17, 5/24, 5/31 and make-up day 6/1. (no class 4/26)

Time: 5:30 – 6:30

Fee: \$125 (Includes Book, Materials & Prizes)

Maximum Students: 14

Offered by Amazing Futures Foundation/ Nancy Sheain

Form of payment: Checks made payable to Amazing Futures Foundation

or online at www.SmashingANTs.com/ClassSchedules.php

Contact: Nancy Sheain – 410-707-6288

Kid Empowerment Smashing ANTs program is back and even better, with cartoon video clips that teach the lessons. Smashing ANTs is for all children; high achievers working hard at being their best as well as children struggling, and everything in between. It's a great way to help children be more successful and happier. Research shows that children that have legitimately high self esteem, self management skills and confidence do better in school and in all aspect of their life. In the Smashing ANTs™ Kid Empowerment Program, your children will learn how to recognize the self-limiting thoughts...how to guard against them...and even how to smash them, all in a fun-filled way, so they will barely realize they are learning empowering life skills. Best of all, the program is filled with games and experiential learning so that kids retain the information and practice using it until it becomes automatic. Anyone who's attended will tell you how much they enjoyed Smashing ANTs and learned so much from it. Their parents will tell you, what a difference it has made in their child's life and it's the type of program every child should attend! Check out the Smashing ANTs website at www.SmashingANTs.com for details.

A volunteer for this class is needed. Your child will receive a 50% discount on tuition.

Nancy Sheain is the president and founder of Building Futures, LLC and the newly formed nonprofit, Amazing Futures Foundation. These companies are dedicated to helping kids with success, resiliency and self-esteem. Nancy has the wonderful mix of corporate management experience and personal develop expertise. She's the author of *Turning Losses into Wins: Creating the Success Mentality*, *Gaining Kid Cooperation* and the *Smashing ANTs Toolkit*. She provides training and coaching to educators, parents, and kids. Over the past several years she has provided the widely popular Smashing ANTs: Kid Empowerment After School Program to several Howard County Elementary Schools including Centennial Lane. For more details visit the website at www.SmashingANTs.com or email at Nancy@SmashingANTs.com

ONLINE REGISTRATION ONLY