



## **Anxious to Awesome™**

Everyone, including children experience feelings of stress and worry at times. Anxious to Awesome™ is a six-week course for children 8-12 years old who can relate to feelings of nervousness and anxiety. Students will practice fun and engaging tools including yoga poses, games, drawing/art as well as easy breathing and relaxation techniques. Youth will gain tools to use on their own to feel:

- More confidence with their peers
- More comfort in their body
- More peaceful feeling in body and mind

**\*Each class is 1 hour long.**

**\*8-10 students per class. Space is limited.**

**\*A staff member must be present during the classes.**

**\*Youth keep their yoga mats at the end of the program.**

For more information, or to schedule Anxious to Awesome, please contact:

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