



Spring Lunch 'N Learn Series:

Power Moves for Parents to Help Their Kids Crush Their Homework

Power Move #5: Meditation

A short meditation is a great way to start a homework session. It doesn't have to be complicated, just some simple focused breaths before starting will work wonders! Do it alongside your child and you'll feel terrific too!

Meditation:

- Increases blood flow to the brain
- Helps in the decision-making area of the brain
- Instills a feeling of calm

Here is a custom meditation done for Beyond the Classroom that you can use with your child anytime.

CLICK HERE FOR YOUR [HOMework MEDITATION](#)

If you feel your child might be looking for extra support, we have amazing tutors ready to help!!



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