

Mindful Toddlers

Tuesdays from 10:30-11:00am
Ages 2+



This program is designed for toddlers and will incorporate mindfulness exercises through stories, songs, and action plays. Mindfulness helps to improve social skills, sleep, self-esteem and focus.

Younger siblings are welcome, but please be aware that this story time is geared toward the specified age group. Children must be accompanied by a caregiver.

Rowley Public Library

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