



# Master of Me Academy

(An experience exclusively for 4<sup>th</sup> and 5<sup>th</sup> graders!)

Master of Me Academy offers you a unique opportunity to become grounded in self-knowledge, feel confident, and live an outstanding life. During this six week session, you will learn strategies for new ways of thinking. These engaging lessons incorporate interactive communication and creative multi-media experiences.

## The empowering concepts include:

- We Are All Meant to Shine ~Pathways to Confidence
- Our Thoughts Shape Our Reality
- Getting to Know Your Emotions
- Taking Control of Your Emotions
- Making Empowering Decisions
- Living Gratefully

**Who:** 4<sup>th</sup> & 5<sup>th</sup> Graders

**Time:** 3:30-4:30

**Where:** EMK

**When:** Wednesdays

(Oct. 19, 26 & Nov. 2,9,16,30)

**Cost:** \$75

(5% donated to Heifer Intl.)

## Master of Me Academy – Session 1 “Grounded In Me”

Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_ Afternoon Bus# \_\_\_\_\_ / Walker/Picked Up/Kid Care

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

EMAIL Address: \_\_\_\_\_

**\*\*\*Please register and submit your payment online at <https://register.communitypass.net>**

**Please complete this flyer and return it to Mr. Lee or Mrs. Myers once you’ve registered for the program.**

There is no nurse available during after school activities.

Does your child have any medical conditions or food allergies? Yes  No

Are they life threatening? Yes  No

Allergies to: Food  Medicine  Seasonal  Other  None

Medical Condition/Special Need/Comments: \_\_\_\_\_