



Dear Parents/Guardians,

We are excited to invite your child to participate in **Brain Power Explorers**, a small group experience designed especially for students in grades 3 through 5. This engaging and supportive group is offered through the NeuroBalance Project and focuses on helping young learners better understand their developing brains. Through fun, hands-on activities and group discussions, students will explore fascinating topics like memory, emotions, focus, and self-control. We'll answer questions like: Why is my brain wrinkled? Why do I forget things sometimes? Why do I feel nervous about making mistakes? Our sessions also include movement-based activities designed to help students calm their central nervous systems and build self-regulation skills—essential tools for success both in and out of the classroom.

Brain Power Explorers will meet twice a week for one hour over the course of four weeks. After the initial series, each student will have the opportunity to enroll in an optional once-a-week maintenance group to continue building emotional stability, cognitive growth, and brain-based strategies for school and life.

The goal of Brain Power Explorers is to help each child build confidence, learn how their brain works, and feel more empowered as a learner. It's a wonderful opportunity to develop emotional resilience, connect with peers, and have a lot of fun along the way! If you have any questions or would like more information, please don't hesitate to reach out. We look forward to helping your child explore the wonders of their brain!

Warm regards,  
Michele  
Owner NeuroBalance Project