



# Inspiring Hope Counseling

## **Kids' Mindfulness Group Contract**

This contract outlines what each group member and their legal guardian commit to maintaining and provides guidelines for the group.

The purpose of this program is to teach children mindfulness techniques at an age appropriate level and engage the children in positively reinforced activities.

The success of this group depends on everyone showing up on time for every session. Missing more than one session can impede your child's progress and effect class dynamics.

Your child will be expected to: follow all group rules, participate fully (in spirit and actuality), and respect others.

You will make the group meetings a priority; if you are unable to attend or running late, you will call ahead.

You understand that this event will take place at Inspiring Hope Counseling and that your child will be under the supervision of Inspiring Hope Counseling employees. You further consent to the conditions stated above on participation in this event. As parent or legal guardian, you remain fully responsible for any legal responsibility that may result from any personal actions taken by your child.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Inspiring Hope Counseling

## **Kids' Group Agreement**

This contract outlines what each group member commits to.

The purpose of this program is to teach you mindfulness activities and learn how to use them on your own.

During these sessions, I will:

- follow group rules
- participate fully (in spirit and actuality)
- respect others

Name: \_\_\_\_\_

Date: \_\_\_\_\_