



SEEDS

Social Emotional Education & Development of Self

Community Engagement Series

Event Name:

Inside Out, Making Memories

Ages:

K-3rd grade



Date	Time	Location
Monday, September 9th 2024	3:30pm - 4:30pm	Mill Valley Public Library 375 Throckmorton Ave Mill Valley, CA 94941

Event Description:

Joy, Fear, Anger, Sadness, Disgust - the whole cast of emotions from *Inside Out* is invited to play at this fun coloring and discussion program! SEEDS is back for their 7th program with the Mill Valley library to guide children through developing a deeper understanding of their emotions and themselves. A few short clips from *Inside Out* will be shown to prompt a discussion and drawing activity where children will draw their own core memories and islands of personality just like Riley. We will open the program as usual with a “tune in” and calming breathing exercises and close with a share-out of what people drew.

Price: Free

Registration:

[Click here to register!](#)

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