



Chatty Child's Creative Learning Labs™ Fall Offerings from hum studios™



Let's Meditate, Breathe & Create for Little Ones

In-person Group Class
Ages 2 - 5

A unique toddler speech-language & meditation social group that infuses a mixture of mindfulness & meditation practices with creative & traditional speech & language games.

Sample Activities: mindfulness activities & games, meditative stories, simple breath & body work, creative arts exploration & play, interactive & immersive meditations for toddlers.

Targeted skills: mindfulness, compassion, self regulation, patience, creativity, flexibility, focus/attention, deep listening, body awareness, confidence in speech, social connection.

Classes taught by hum studios™ creator & founder Heather Lynn Boerner M.A., CCC/SLP, Certified Speech & Language Pathologist & Certified Mindfulness & Meditation Teacher.

Let's Meditate, Breathe & Create for Everyone

Remote, Individualized Classes
Ages 5 - 18

An innovative, individualized therapeutic speech and language class that infuses a mixture of various learning & healing modalities including meditation, breath work, creative arts exploration, imaginative play, storytelling and interactive learning games. Each session includes a combination of mindfulness & meditation practices, simple breath & body work, as well as chosen form of creative expression and artistic play for that day.

Sample Activities: interactive meditative journeys, immersive story book adventures, creative art projects, collaborative journaling, writing activities, exploratory language, drama and movement games

Targeted skills: improve self-regulation, increasing frustration tolerance, building creativity and flexibility in thinking, cultivating a love, compassion, and acceptance in self and others



Speech, Occupational & Physical Therapy, PLLC

Full class details on our website.

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For information or to register,
email info@chattychild.com (subject line: Classes),
call 347.491.4451, or visit www.chattychild.com.

