

Ready, Set, Grow.

Mindful beginnings start with strengths.

The Character Effect's **Ready, Set, Grow** program aims to enhance a child's well-being and social skills by focusing on the strengths that emerge during early childhood. **Ready, Set, Grow** is designed for children ages 3-5 and is ideal for preschool providers and parents looking to support their child's emotional and social development.



Contact Us

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Program Highlights:

- **Emerging Strengths Curriculum:** interactive activities designed to boost self-awareness and confidence
- **Emotional Skills Development:** Circle Time Toolkits with tailored strategies to help children identify and express their emotions effectively
- **Social Skills Enhancement:** Music and Movement activities to improve communication, self-control, and cooperation with peers
- **Strength-Based Approach:** specific focus on emerging strengths that develop during early childhood
- **Mindfulness Integration:** gentle mindfulness exercises, including breathing techniques and guided imagery, to help children understand and manage their emotions
- **Teacher Wellness Coaching**
- **Add Ons:** Parent Coaching & Professional Development