

Kids' Empowerment Workshop, Part II

For Children in 3rd, 4th & 5th Grades

Saturday, December 11, 2010, from 3:00 pm–4:30 pm

RSVP to Becky Harding to secure a spot

Venue

Sun Dragon Martial Arts School (<http://sundragon.org/>)
4534 West Gate Blvd., Suite 101, Austin, Texas 78745
(South Austin—behind Buffet Palace near Central Market-Westgate)

Cost

\$10 per child
Pay at the door on the day of the workshop

In a direct response to several families talking with me and other board members about incidents of bullying and racist behavior toward our community, we have asked Sun Dragon Martial Arts School to offer one of their empowerment workshops to our younger members and as we coordinated this session, we received some requests to offer something similar to our children in third, fourth, and fifth grades. Here it is.

Sensei Joy Williamson, the head instructor at Sun Dragon relates, “In this class, children will learn to speak up for themselves and others, and identify safe adults when they need help. We will practice strong body language, basic physical skills to get out of grabs, and how to tell the difference between tattling and reporting. The goal is for each child to feel less fearful and more empowered.”

