



After School Class Crochet 101

By Artisan
Lorraine Acuña

1-1/2-hour sessions for 4 weeks from 3:30 to 5:00pm
for students in 3rd grade and older
Beginning Wednesday, September 26th

Session A: 09/26, 10/3, 10/10 and 10/17th

Session B: 10/24; 11/7, 11/14 and 11/28

Research shows that repetitive tasks like **crocheting** help one relax and reduce anxiety comparable to the effects of yoga or meditation which is good for your brain and your heart. It helps foster better learning skills that are important for forming synapses, improving one's ability to learn new things. The benefits of feeling like you have accomplished something improves self-esteem and raises one's self-confidence which releases one's creativity. When younger children learn to crochet, it helps them master a fine motor skill known as *crossing the midline*. This is an important developmental skill that connects the right and left brains and it's required for overall coordination and everyday tasks such as writing, putting on socks or hitting a ball with a bat.

Class size limited to 8 students

Crochet 101 class

Cost of \$40.00 includes a \$15 material and tool fee

Child's Name _____ Grade _____

Parent Name _____ cell # _____

My child will be attending: ___ 3:30 to 5:00 pm
Make checks payable to St. Paul School