



INTROSPECTION & REFLECTION  
PRESENTS:

## ALPHA KIDS PROGRAM

DID YOU KNOW THAT PAINTING  
DECREASES CORTISOL LEVELS IN  
THE BRAIN? (CORTISOL IS A  
STRESS HORMONE)

SEE BACK  
FOR MORE  
INFO!

### BENEFITS OF PAINTING

- Reduces stress levels
- Creates new neural pathways in the brain
- Increases ability to focus and concentrate
- Reduces impulsivity
- Enhances quality of sleep
- Enhances mood
- Adjusts neurotransmitters in the brain without using medications
- Enhances ability to self-regulate emotions

DID YOU KNOW THAT  
PAINTING INCREASES  
SEROTONIN AND  
RELEASES ENDORPHINS IN  
THE BRAIN?

(BOTH ARE "HAPPY"  
NEUROTRANSMITTERS)

**JOIN US FOR WEEKLY PAINTING SESSIONS!**

Register your child now by calling the  
office at (912) 737-2176.

Children ages 4 and up are invited!

# Painting is a form of creativity that allows the anxious, impulsive brain to relax.

When we are doing something creative, our brains shift into a lower brainwave. We are more focused and are actually increasing the blood flow of the brain when we are doing something creative.



Please call for pricing!

Anxious children are in the beta brainwave most of the time and this significantly impact their ability to focus, concentrate, complete tasks, and sleep at night. Painting causes an automatic shift of the brainwave into a lower, more relaxing state.

This lower state is called the alpha brainwave. This is the same brainwave we experience are in during meditation. Spending time painting can reduce your child's brainwaves and over time, you should see a remarkable shift in your child's ability to focus, think more clearly and rest well.

Gift your child this experience each week and allow him/her to grow and develop into healthier individuals.

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