



Mango
Tree
Center



LITTLE ROOTS

PRESCHOOL READINESS & EMOTIONAL REGULATION

Help your child build the social-emotional skills they need to thrive in preschool and beyond!

Little Roots is a small, supportive **caregiver-and-child** group based on the Zones of Regulation® curriculum, where families learn and practice skills together.

- Recognize **emotions** and body signals
- Learn age-appropriate **calm down** skills
- Practice positive **social interactions**
- Build strong caregiver-child **connections**

Each session includes stories, games, movement, art activities, and hands-on practice with calming strategies in a fun, engaging environment led by a **school psychologist**.

- Wednesdays, 9-10 AM
- 8 week program
- Sept. 9 - Oct. 28, 2026
- \$50 per session
- Honolulu, Hawaii



Mango Tree Center
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SIGN UP NOW!
SPOTS LIMITED



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