



St Hugh of Lincoln, Final term Mindfulness Club

After two wonderful years at St Hugh of Lincoln Primary school, this is the final term of lunchtime club. thank you for your support!

A fun, engaging and inclusive club taught by accredited Creative Kids Mindfulness practitioner and mum of two, Emma Martin. Each term makes Mindfulness come to life, by helping children create their own 'Calm kit' with items to use both at school and at home to support emotional regulation, enhance wellbeing and boost self esteem. Glitter 'mind' jars, sensory dough, nature activities and more are delivered alongside age appropriate breathing techniques, stories and mindful movement for a truly unique and enjoyable experience!

"Mrs Martin, can I tell you something ?!
Mindfulness club is THE BEST!!"
Ava - year 3 (After school club)

Book now at

www.bookwhen.com/emmamartinmindfulness

	Lunch time	Afterschool
Wednesdays	St Hugh of Lincoln Primary (KS1 & KS2)	Barnsbury Primary (KS1 - NEW)
Thursdays	Knaphill Junior Home Ed @The warren	Barnsbury Primary (KS2)
Fridays	Goldsworth primary (KS1 & KS2)	

Parent and child monthly classes @The Bisley Yurt also available

