

# LUNCH TIME MINDFULNESS CLUB



Supporting your child's emotional wellbeing and mental health through a range of fun, immersive activities, tools, stories and games facilitated by an accredited mindfulness practitioner and mum of two, Emma. Offering your child an opportunity to have some reflective and enjoyable time away from the playground each week.

*\*Note that this is a shorter term due to Jaset/ Summer holidays. Pricing has been changed accordingly*

## TAKING YOUR CHILD ON A 10 WEEK 'MINDFUL HEART' CURRICULUM TO INCLUDE:

- Free parent Webinar, with an explanation of Mindfulness, and how you can support your child's understanding at home
- Creation of a calm kit with resources that they can use both at home and school to support their emotions
- Age appropriate breath-work, movement, stories, arts and crafts to cover a range of topics including; Managing thoughts and feelings, Mindfulness for anxiety, Supporting self esteem and relaxation
- How we can have FUN by being mindful with enjoyable activities such as Glitter jars, making sensory dough and more...

Key stage 1  
THURSDAYS

Key Stage 2  
WEDNESDAYS

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