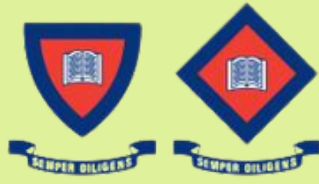




TERM 4 BOOKINGS NOW OPEN

WELL-BEING LESSONS FROM NATURE



Pittwater House



CREATIVITY & MINDFULNESS WELL-BEING SESSIONS



WHY SIGN UP?

Give your child a regular place to learn social skills, build a resilient mindset and practice positive well-being. Each week we create a calm weekly space for your little soul to be present, creative, mindful and practice tools they can apply in their everyday life.

ACTIVITIES INCLUDE:


- Gratitude circles
- Mindful sensory play, breathing and colouring in
- Growth mindset practice
- Character strengths reflection
- Short breathing practice
- Team work building skills

THE DETAILS

For K-6 students:
Tuesday afternoons,
3:30pm - 4:30pm

To book, visit shininglittlesouls.com
For more information or to enquire about a free trial, email emma@shininglittlesouls.com



 @shininglittlesouls