

## MINDFULNESS, CREATIVITY AND WELL-BEING SESSIONS

## Well-Being After School Club, Years K-6

Give your children a regular place to grow social and emotional skills, build resilience and practise a positive growth mindset & positive well-being.

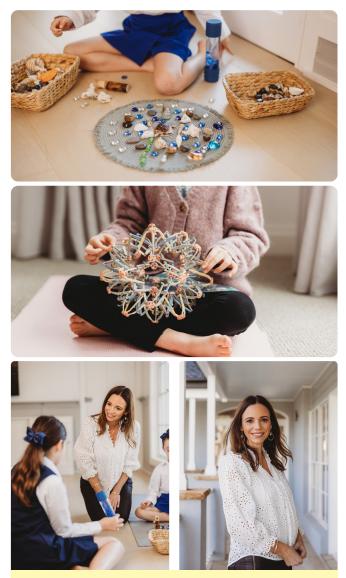
**Activities include:** 

- Gratitude circles
- Mindful creating & sensory play
- 🔆 Growth mindset practise
- Character strengths reflection
- Breathing practice & well-being tools

Founder, Emma is a primary school teacher with vast experience teaching in the UK and Australia. She has a Master's in Education, Major in Gifted Education, and a Diploma in Positive Psychology and Well-being. Emma is passionate about teaching well-being strategies to kids.

When: Thursday 3.30-4.30pm Starting: 8 Weekly Sessions during Term 2, beginning on 9th May and ending on 27th June.

Please click on the link to book in: <u>Well-Being After School Club</u>



Emma, Founder of Shining Little Souls

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