



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:
[Well-Being After School Club](#)



Emma, Founder of Shining Little Souls

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