



MINDFUL MOMENTS

Mindfulness can have an impact on children by:

- Improving their ability to pay attention
- Teaching them to stay calm when they are upset, angry or anxious
- Helping them to make better decisions
- Assisting with emotional regulation and cognitive focus

Thriving Young Minds provides a 4-week in-house course for small groups of children aged 7-11. Each 40 minute session will be facilitated by a qualified BACP registered therapist and will:

- Be practical and interactive
- Include a range of activities and exercises that children can apply on an on-going basis
- Be followed up with an email to teachers with weekly updates about what has been covered to assist them in the classroom.

IF YOU WOULD LIKE THIS TO BE DELIVERED IN YOUR SCHOOL
PLEASE CONTACT ADELE ON 07834 425307 OR EMAIL INFO@THRIVINGYOUNGMINDS.CO.UK