

CHILDREN’S MINFULNESS WORKSHOPS DURING THE SCHOOL HOLIDAYS

When children practice mindfulness, they focus on the present. It can help children notice negative thoughts and move their attention to what they are doing or feeling in that moment. Mindfulness can ease stress and anxiety, help children to notice their emotions and move to more neutral thinking. For example, how their breath feels as they inhale and exhale. Being mindful allows children to manage their emotions and tackle challenges.

What’s on offer? – Fun mindfulness activities to support your child with managing emotions and anxieties

Where? – Oyster Interventions Garden room, Lilleshall

When? – 10.30am to 12.00pm

Monday 22nd July, Tuesday 23rd July and Thursday 25th July.

Monday 12th August, Tuesday 13th August and Thursday 15th August.

Monday 19th August, Tuesday 20th August and Thursday 22nd August.

Age? – Five years and upwards

Cost - £25 per child, per one-and-a-half-hour session. Please provide your child with a drink of squash or water in an unbreakable bottle

Small groups of a maximum of four children per session. Fully insured and DBS checked

For more information or to book a place, please contact Sally on 07813 069534 or email: sally@oysterinterventions.co.uk. [www.oysterinterventions.co.uk](http://www.oysterinterventions.co.uk)

