



Calming Minds

Changing one mind at a time!

Addressing children's wellbeing through Movement | Mindfulness | Meditation

Calming Minds: '8 Week Movement, Mindfulness & Meditation Programme'

- a creative & fun way to empower your child to manage their stress, anxiety and everyday life.

Children can experience the benefits of quietening and calming their minds and regulating their own emotions to improve their ability to retain and recall information, improve concentration and focus, manage stressful situations and anxiety, and learn to redirect their thoughts from negative to positive.

Every THURSDAY - 1 HOUR per week for 8 WEEKS, starting Week 2 of Term 4.

Sessions commence Thurs 19th Oct 2023 and conclude Thurs 7th Dec 2023.

Venue: **School Library**

Cost: **\$25 per session**

BOOKING

3.10 – 4.10pm



<https://www.trybooking.com/CLECO>

4.25 – 5.25pm



<https://www.trybooking.com/CLECQ>

The sessions include take-home mindfulness tools. After every session, parents receive an email with detailed information on what their child has learnt and how to keep the skill-set alive at home.

Our 8 Week Programme is an easy and fun way to address and support:

- Behavioural challenges in the classroom, and at home
- Children suffering from anxiety, depression or overwhelmed by emotions
- Home, family and relationship stresses and worries
- Sleeping issues
- Resilience and Positivity
- Creative children
- Playground bullying
- Children with ADD and ADHD
- Non-competitive children
- Stress and worry relating to formal testing at a school or national level (NAPLAN)
- Wellbeing of the whole child – physical, mental, social and emotional