

Mindfulness and Wellbeing After School Club - Year 5

We are pleased to offer free after school mindfulness and wellbeing sessions to Y5, beginning Wednesday 7th February 2024 and then running weekly in 6-week blocks (during normal school term time). These sessions will be run by Miss Meredith, directly after school from 3.15pm-4pm. Attending children may be collected from the KS2 Playground at 4pm.

Each group, of up to 10 pupils, will focus on helping children learn to self-regulate their emotions, manage stress and develop healthy lifestyle habits.

Wellbeing continues to be a focus of our school: positive wellbeing and mindfulness encourages children to feel comfortable, happy and confident, and promotes motivation for learning.

Outline of sessions:

1. 07/02/2024 Yoga and meditation: managing emotions and attitudes of gratitude
2. 21/02/2024 Mindfulness colouring
3. 28/02/2024 Games night: board games including card, Uno and Who am I?
4. 06/03/2024 Spa treats: foot spa: hand and scalp massage.
5. 13/03/2024 Crafts and Drawing: sensory trays, glitter jars, water play and bubbles
6. 20/03/2024 Summary of learning and free choice from previous sessions.

Places will be allocated on a first come basis, but all interested children will be able to attend the club at least once throughout the year: the next cycle of sessions will begin on Wednesday 17th April 2024.

If you would like a place for your child, please complete the attached slip and return to the school office. If your child is allocated a place all six sessions must be attended.

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I would like my child _____ in _____ class to attend the Mindfulness and Wellbeing After School Club.

Signed _____

Name of Parent _____