

## Mindfulness and Wellbeing After School Club - Year 4

We are pleased to offer free after school mindfulness and wellbeing sessions to Year 4, beginning Wednesday 24<sup>th</sup> April 2024 until Wednesday 22<sup>nd</sup> May 2024. These sessions will be run by Miss Meredith (Teaching Assistant), 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. 24/04/2024 Yoga and meditation: managing emotions and attitudes of gratitude
2. 01/05/2024 Mindfulness colouring
3. 08/05/2024 Games night
4. 15/05/2024 Spa treats: foot spa
5. 22/05/2024 Crafts and Drawing

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 12<sup>th</sup> June 2024.

If you would like a place for your child please book online via schoolmoney (Clubs / Mindfulness Club WC 22<sup>nd</sup> April). If your child is allocated a place all six sessions must be attended.