

Mindfulness Club @ The Raleigh School

Duration: Thursday 25th April to Thursday 11th July

Thursday 08:00 am to 08:45 am

Cost: £3.50 per session (max 20 places)



Schools in the UK are providing Mindfulness techniques to support children to independently develop their inner strength and their personal best.

Techniques and activities in the Mindfulness Club empower the child to:

- work from the inside out
- slow down and make smart choices even when emotionally triggered
- to apply compassion, contemplation and gratitude in their daily lives
- use mindful movements and breathing exercises to help regulate their emotions
- be emotionally intelligent and be their best

Ann Wylde is a QTS and experienced Mindfulness in Schools teacher. The “Mindfulness in Schools Programme” provides fun and mindful activities to help children find and sustain that calm and inspiration within themselves and to realise their personal best.