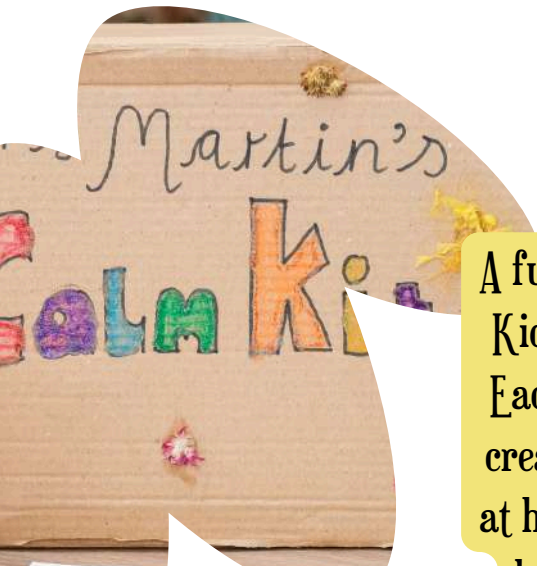




# Mindfulness Club



A fun, engaging and inclusive club taught by accredited Creative Kids Mindfulness practitioner and mum of two, Emma Martin. Each term makes Mindfulness come to life, by helping children create their own 'Calm kit' with items to use both at school and at home to support emotional regulation, enhance wellbeing and boost self esteem. Glitter 'mind' jars, sensory dough, nature activities and more are delivered alongside age appropriate breathing techniques, stories and mindful movement for a truly unique and enjoyable experience!

"Mrs Martin, can I tell you something ?!  
Mindfulness club is THE BEST!!"  
Ava - year 3 (After school club)



www.emmamartinmindfulness.com

Book now at

[www.bookwhen.com/emmamartinmindfulness](http://www.bookwhen.com/emmamartinmindfulness)

Lunch time

Afterschool

Wednesdays

St Hugh of Lincoln Primary (KS1 & KS2)

Knaphill Junior (KS2)

Thursdays

New school coming soon !

Barnsbury Primary (KS2)

Fridays

Goldsworth primary (KS1 & KS2)



Parent and child monthly classes @The Bisley Yurt also available