

Shining Little Souls

Positive Wellbeing & Mindfulness Sessions

Term 3

The details

- For K-6 students in the school library
- 9 week term starting in week 2
- Monday mornings, 7.45am to 8.30am
- User your Creative Kids voucher



Why sign up?

Give your child a regular place to learn social skills, build a resilient mindset and practice positive well-being.

Each week we create a calm weekly space for your little soul to be present, creative, mindful and practice tools they can apply in their everyday life. Activities include:

- Gratitude circles
- Mindful sensory play, breathing and colouring in
- Growth mindset practice
- Character strengths reflection
- Short meditations
- Yoga movement

Start the week with some calm, positive, mindful connections and fun!



➔ To book, visit shininglittlesouls.com

➔ For more information or to inquire about a free trial, email emma@shininglittlesouls.com

