

Shining Little Souls

Positive Wellbeing & Mindfulness Sessions

TERM 4 THEME WELL-BEING LESSONS FROM MAGIC

The details

- For K-6 students in the school library
- Monday mornings, 7:45 am-8:30 am
- Tuesday afternoons, 3:10 pm-4:10 pm
- Use your Creative Kids voucher

Why sign up?

Give your child a regular place to practice 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 breathing practise
- Yoga movement
- Teamwork building skills



Find time in 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

