



CREATIVITY & MINDFULNESS WELL-BEING SESSIONS



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 breathing practise
- Team work building skills



THE DETAILS

- For K-6 students in the library
- Monday mornings, 7:45 am – 8:30am
- Wednesday afternoons, 3:10 pm – 4:00 pm
- Use your Creative Kids voucher

TERM 1 BOOKINGS NOW OPEN

LESSONS FROM THE SEASONS

To book, visit shininglittlesouls.com

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

