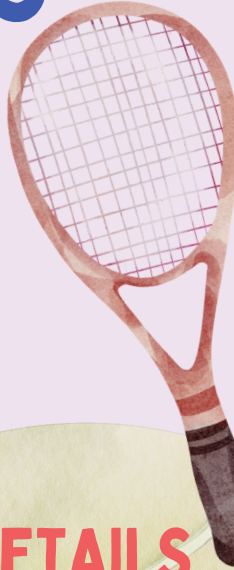




**TERM 2 BOOKINGS NOW OPEN
LESSONS FROM SPORTS**



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



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