

2025 TERM 4 CREATIVITY & WELLBEING SESSIONS



Wellbeing Lessons from Festive Times

A gentle space for your little soul to grow. Each week we nurture resilience, social skills, and emotional well-being through calm, creative, and mindful moments, giving children the tools to feel confident, connected, and grounded in everyday life.

ACTIVITIES

- Gratitude circle
- Team-work building skills
- Mindful sensory play
- Mindful creations
- Growth mindset practice
- Character strengths reflections
- Short breathing exercise

THE DETAILS

For K-6 students:
In the library Tuesday afternoons,
3:10pm - 4:10pm



SCAN TO BOOK



For more info or inquire about a free trial: emma@shininglittlesouls.com

To book, visit:
shininglittlesouls.com