



- **GAMES**
- **STORIES**
- **CHATS**
- **TEAM ACTIVITIES**
- **MOVEMENT**
- **MEDITATION**

Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Reduce Stress/Anxiety
Increase Inner Calm
& Happiness
Encourage Resilience
& Communication
Have FUN & Make Friends



AFTER SCHOOL CLUB

EVERY THURSDAY 3:25 to 4:05pm

Spaces Limited

BOOK ONLINE: cannockchase.minimemindfulness.co.uk