



MINDFULNESS MOMENTS

All ages

2 hours

Improve the relationship with your pupils and among them. Create a calm and peaceful environment

- *Improved Relationships: Less classroom conflict, better student interactions.*
- *Enhanced Focus: Longer attention spans, increased productivity.*
- *Reduced Stress: Less stress for teachers and students.*
- *Create a Calmer Classroom.*
- *Guided meditations and breathing techniques for a peaceful environment.*
- *Child-Friendly Resources: 4 packs of adaptable resources for a calm corner, board use or to send home.*

Can be delivered as Christian Mindfulness

PRICE

£399 or £95pp

