

Mini Mindfulness After School Club

Run by Dr Olivia Deakin

What is Mindfulness? Mindfulness is a form of self-awareness training. It is a life skill that anyone can learn, which can help to improve concentration and performance. Mindfulness practice can help to calm thoughts, understand emotions and improve focus. In our busy world, children are constantly stimulated, restless and easily distracted. There is little time to just 'Be'. Using Mindfulness skills, they can learn to bring attention to everything they do and equip themselves with a better awareness of themselves and those around them.

What happens in the club? In the Mini Mindfulness club, your child will learn the basics of Mindfulness practice such as sitting, breathing practices and Mindful movement. This will happen in a fun and interactive setting which includes: short videos, games, art and Mindful activity sheets. In the first class the children will be given a blank book – a Mindful diary - which each week we will fill with our Mindful achievements. They will be given their diary to take home when the club finishes at the end of term.

Who am I? Olivia has a PhD in Psychology, a Postgraduate Certificate in Cognitive Behavioural Therapy (CBT), a qualification to teach Mindfulness to 7 to 11 year olds and a Level 2 award in Counselling Skills for working with Children (CPCAB).

Where and when? Waverley Abbey School: Mondays: 3.30 to 4.30pm. Starting Monday 29th April and finishing Monday 8th July. Please note there will be no club on Monday 6th May, 27th May or 1st July.

Cost: 8 sessions = £48

If you are interested in this club, please hand in the form below to the school office. Please make cheques payable to Olivia Deakin or pay online- with your Child's name and WA as reference.

Thank you

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Child's Name: _____

Class/Year: _____

Medical Info: _____

Emergency Contact Number: _____

Enclosed Term Fee£48 (8 weeks)

Fee Paid Online (please tick if paid online) Olivia Deakin: Sort code 20-26-23. A/c no: 33165191

I would like my daughter/son to join the Mindful Masters club on Mondays:

Signature: _____

Relationship to child: _____

Date: _____