

# mini mindfulness

## after school club

- Run by Dr Olivia Deakin -

**IS** 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.

**WHEN**

**HAPPY 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.

**TR**  
**WHEN**

**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).

**WHEN**

**AND** Waverley Abbey School: Mondays: 3.30 to 4.30pm.  
Starting Monday 13<sup>th</sup> January and finishing Monday 30<sup>th</sup> March. Please note there will be no club on Monday 17<sup>th</sup> February (Half Term week)

**WHEN**

**CO** 11 sessions = £66  
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.

Child's Name \_\_\_\_\_ Class/Year \_\_\_\_\_

Medical Info \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

Enclosed Term Fee  £48 (8 weeks) OR  Fee Paid Online

Olivia Deakin: Sort code 20-26-23. A/c no: 33165191

I would like my daughter/son to join the Mini Mindfulness club on Mondays

Signature: \_\_\_\_\_