

Mindfulness for Kids



at **Little Kingshill School**

Helps with:

- ADHD
- Anger issues
- Anxiety
- Concentration
- Eleven-plus exam nerves
- Relationships
- Sleep
- Stress

Open
to ALL
AGES



**6 week programme Thursdays 3.30pm - 4.30pm
coming soon to Little Kingshill School**



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Please come and join us for a **FREE KIDS TASTER SESSION** on the **Thursday 25th April 3.30pm - 4.30pm**. To sign up for the taster session, please return the attached form to the school office asap.

Name of Child:

Class: Age:

Slip submitted by: (parent / guardian / carer)

Contact email:

Contact telephone no:

Reference: "Mindfulness for Kids" with emmenZen