

MINDFULNESS CLUB

What is our Mindfulness program all about?

Being a young person today is hard work! We have developed our own Mindfulness program which is a fusion of traditional Mindfulness, life skills, self-help CBT and body science. This fusion means that we can explore lots of ways to help ourselves to understand our environment, the people around us, explore the power to take control of our emotions and our ability to develop to be strong, thoughtful, kind and caring individuals. We focus on the positive and develop skills to tackle life's challenges.

How does this program work?

We meet once a week for an hour and we cover a planned topic. Each topic includes a PowerPoint, games and creative exercises. We include a weekly meditation which includes breathing exercises, calm down tools and relaxation.

What will my child need to take part?

Some young people like to bring a light blanket and a pillow as this helps with relaxation during meditations.

We provide all the tools and materials needed for young people to attend. Your child will need to be able to take part in group activities, to understand and follow some instructions and be willing to take part in short quiet meditations as this forms the basis of Mindfulness. Don't be worried as most children really enjoy the meditations. They are short, creative and fun. It's only important that young people come with an openness and willingness to try.

What do we want to achieve?

We want to help young people to feel more confident with who they are. We want to support young people to feel valued and heard.

We want to offer young people the tools to help build emotional resilience and kindness towards themselves and others.

We want to HAVE FUN!