

THRIVE THURSDAYS AFTER SCHOOL CLUB 3.30-4.30PM



- **GAMES**
- **STORIES**
- **TEAM ACTIVITIES**
- **ARTS & CRAFTS**

**Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Reduce Stress/Anxiety
Increase Inner Calm
& Happiness
Encourage Resilience
& Communication
Have FUN**



Book Online: <https://minime-mindfulness-staffs.classforkids.io/term/27>