

Summer holiday camps

**GAMES | STORIES | ACTIVITIES | MUSIC | MOVEMENT
| GUIDED MEDITATION | ARTS&CRAFTS**

5-12 years

Build Confidence

Raise Self Awareness

Recognise Emotions

Understand Feelings

Self Regulate Responses

Reduce Stress/Anxiety

Increase Inner Calm

& Happiness

Encourage Resilience

& Communication

Have FUN & Make Friends



**Monday 28th July
until
Friday 22nd
August 9.30-3.30**



Book online: <https://minime-mindfulness-staffs.classforkids.io/>

St.Mary's First School, Uttoxeter