



Calm. Confidence. Resilience.

Supporting children with tools they can use for life.

We teach powerful mindfulness and mindset techniques in a fun and innovative way. Through Mentoring 4 Kids by Kids™ meditations, movement, stories, games and creative activities.

**ST. JOHN'S COFE PRIMARY, WETLEY ROCKS
TUESDAYS 3.30-4.30PM**



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MiniMe Mindfulness® – teaching positive mindfulness and mindset techniques in a fun and innovative way. Because little eyes are always watching.™