

Mindfulness

Details

Description

Mindfulness is all about developing awareness and living in the present moment. With the unpredictability of the current times we find ourselves in, many children are a little more anxious than usual. Join the session to pick up some useful strategies and tips that may help to create a sense of calm.

To book a place contact the Parental Engagement Team

Date

02 March 2021

Start Time

17:00

End Time

18:00

Costs

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Free