



Mindfulness After-School Club Belleville Primary School

Dear parents,

My name is Anna Wille and I have been teaching Mindfulness for the past 7 years to over 6000 adults and children. I am delighted to be running the 6 week 'paws.b' Mindfulness Club at the school this Summer Term, at 3.30-4.30pm on Fridays from 22nd April to 27th May. The club of up to 30 children in Y5 & Y6 will teach your children how to:

- understand how their brain works;
its choice making, memory, empathy and fight or flight parts
- know how they can train it to focus better:
to improve their concentration in lessons, tests, sports or music
- listen to others & recognise emotions to improve self-awareness & social skills
- recognise what makes them worry and how to steady themselves
- learn how to respond rather than react (ie. avoid fight or flight urges)
- cope with everyday stresses (e.g. friendships, insomnia, nightmares, sibling fights)
- work with difficult mind states such as worrying, sadness, anger, fear or grief
- experience greater happiness and calmness in and out of school
- focus on the good by practicing gratitude and compassion.

By the end of the 6 weeks your child will have learnt 8 meditations and have coping strategies to increase their adaptability and resilience, as well as key areas of emotional intelligence such as self-motivation self-esteem and self-regulations.

The 6 week club costs £60 and includes a booklet and meditation audios. Please email me directly (below) to book a place or call for more information.

