

Helping children learn essential life skills:
Attention training and emotional resilience

Mindfulness for pre-teens



Wednesdays 14:00-15:30

Hofbroucklerlaan, Oegstgeest

Led in English, maar ook Nederlands gesproken
(ideaal als uw kind Engels wil leren!)

Fun with Mindfulness attention training:
Activities and quiet exercises for children 8+ years
incorporating aspects of self-compassion in
preparation for adolescence.

Exercises vary each week including:

- Exploring words associated with mindfulness
 - Short mindfulness meditations
 - Partner games / yoga
 - Time in nature
 - Paper exercises / drawings / games
 - Visualisations: coping with emotions
 - Mindful snack time
 - Mindful movement / stretching
 - Group circle time for sharing
 - Poetry
-and much more

Facilitated by native English speaker, long term
educator and certified Mindfulness and Mindful
Self Compassion teacher Marie Hobbs-Vijendran.

Note group size limited so early sign up recommended.



**65 Euros for five sessions
or 110 Euros for ten
including snacks and
materials**



**To register: www.attention2being.com
Or call Marie on 0624859763**