

the conversation...

In support of Place2Be's Children's Mental Health week

Why not take up our Special Offer and book our creative Mental Health Workshop 'A Healthy Mind' for Only £120, including high quality take home pupil packs.

For Years 3-6

(This workshop must take place between February and May 2024 and works to explore practical ways for children to support their own mental health)



- ➔ Explore how to identify feelings and expand our emotional vocabulary
- ➔ Consider how small daily decisions can impact our wellbeing
- ➔ Identify how to support mental health through the five ways to wellbeing
- ➔ Practice strategies to incorporate mindfulness into every day life

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