

REGISTER NOW! www.littlehandsldn.com



Mindfulness SCRAPBOOKING

Children's
After School Club

Yr 1-4 Every Wednesday
£11.50 per session
(12wk Term)



Practicing mindfulness through calming, hands on activities children make & take home, such as making stress/fidget toys, clay modelling, finger knitting and so much more!



'Life through our lens' Disposable camera provided to each child, to capture their week through their eyes, with instant printing at the session. An excellent opportunity for children to discuss their feelings and emotions behind a picture & build their communication & confidence.

Creative scrapbooking, with a different theme every session focusing on mindfulness concepts such as gratitude and patience. A fun way for children to build good journaling habits & express themselves in an interactive setting.

