



Dear Christchurch Junior Parents & Carers,

We are delighted to offer our **Emotional Intelligence & Mindfulness After School Club** in the Spring 2024. We will be running weekly on a Wednesday at 15:05-16:10.

Modern day education does not teach children in any great depth about the importance of emotions and how to regulate and deal with them. These sessions give the children valuable groundwork to build their self-confidence, self-esteem, and resilience, as well as manage triggers, negative emotions (e.g. stress, anxiety & anger), as well as understanding how each individual child's brain is unique. We teach this to the children through emotional intelligence, mindfulness, NLP (Neuro Linguistic Programming) and journaling.

Our programme and the topics we will cover are listed below:

1. Understanding yourself and others through colour therapy
2. How to build your self-esteem and self-respect through emotional intelligence
3. Empathy / friendships and how we have different learning styles
4. Self-belief & motivation with positive outlook and kind words to yourself and others
5. Stress and anxiety with skills to reframe to positive and express emotions. TALK
6. Bullying and peer pressure to understand third perception and not taken personally
7. Developing confidence with the circle of excellence / Proud Journal of achievements and gratitude
8. Technology and how it effects our brains with scientific facts on how our emotions adjust
9. Resilience & reframing with powerful tools and techniques
10. How we adjust to change and to embrace the unknown without manifesting
11. How healthy eating and sleeping helps with wellbeing and our brain performance
12. Reflect & recap what you have become stronger in with practising mindfulness and emotional intelligence - light bulb moment!

Each session includes arts and crafts, breathing techniques, meditation to help calm the brain, 1-1 coaching discussions around different emotions that we may feel & neuroscience of brain chemicals.

The cost for the course is £135 and it will run from 10<sup>th</sup> January until 27<sup>th</sup> March. Places are limited to 12 children so early booking is advised. **Please note, ALL places must now be booked online and paid for at the time of booking via the below link.**

To book your child/ren's place, please click [here](#).

If you have any questions, or would like more information about other services we offer, for example family coaching, 1-1 coaching and parent training, please check our website [www.universalmindfulness.co.uk](http://www.universalmindfulness.co.uk), or email [info@universalmindfulness.co.uk](mailto:info@universalmindfulness.co.uk).

We look forward to welcoming your child/ren on to our sessions.

Mary Morrall  
Universal Mindfulness