

Mindfulness Programs for Primary School Students

We strive to provide children the **skills** to deal with difficult emotions and remain mindful in everyday life - to **empower** them to experience a greater sense of **calm** and **happiness** throughout their lives.



Help improve childhood mental health, wellbeing, self regulation, attention and concentration through **Mindfulness Programs**, delivered at your school.

These programs include the three core concepts of **mindfulness**, **meditation** and **heartfulness**.

Program options include:

Big Feelings, Manners, Be empowered, Resilience, Social Skills

Mindfulness programs run for 8-weeks, with sessions running for 30 minutes.

All materials and resources are provided.

All sessions meet areas of the Early Years Learning Framework (EYLF) & National Quality Standards (NQS).

Investment: \$1,500 / 8-week cohort

*Please ask about subsidies for additional cohorts



About Nina

I'm Nina, mum to three loud and rambunctious little boys. I'm also a certified Mindful Parenting Coach and Head and Heart Mindfulness Instructor.

I began my mindfulness journey when my youngest was born, almost 3 years ago. I went from being stressed out, overwhelmed and quick to anger, to being cool, calm and connected to my kids.

I love being able to share mindfulness with my boys, teaching them the skills to be able to regulate their emotions (like I have done) has to be one of the most satisfying lessons to pass on to them.

I am so excited to have this opportunity to share these same benefits of mindfulness with you and your community!

Would you like a free trial in your school?
Contact Nina to find out more or arrange a booking.



Mindfulness Programs for Children



Mindful Parenting Lifestyle aims to give children the skills to deal with difficult emotions and remain mindful in everyday life - to empower them to experience a greater sense of calm and happiness throughout their lives.

Programs for 5-11 year olds

Mindfulness programs run for 8-weeks, with sessions running for 30 minutes.

All materials and resources are provided.

Each week we learn about and experience:

- Mindful Movement
- Mindful Listening
- Mindful Looking
- Mindful Smelling
- Mindful Touch
- Gratitude and Kindness
- Mindful Breathing
- Guided Visualisation
- Positive Thinking



Program options include:

- Big Feelings
- Manners
- Be empowered
- Resilience
- Social Skills

Investment: \$1500 for 8-week cohort

*please ask about subsidies for additional cohorts



Mindfulness



Meditation



Heartfulness

Would you like a free trial in your school?
Would you like to discuss which package would best support your school needs?

Contact Nina to find out more or arrange a booking.



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