

Time for Mindfulness

Mindfulness Skills for 3rd – 6th Class

The workshop is a fun and engaging educational experience tailored for primary school students. It aims to inspire creativity, foster curiosity, and encourage critical thinking. Each session is designed to be interactive and age-appropriate, ensuring students are actively involved and enjoy learning as well as bringing them back to the moment.

Key Takeaways

1. **Mindful Focus and Resilience:** learn techniques to manage distractions, build resilience, and approach challenges with calm and focus.
2. **Connecting Mind and Body:** Activities will teach students to tune into their bodies, promoting self-awareness and a sense of balance.
3. **Empathy and Connection:** Reflection exercises will encourage kindness, empathy, and a deeper sense of community.

Date: *Fri, Jan 17*

Time: *11:30 AM – 12:00 PM*

Venue: *Online event*

Register Now!

FREE

ISPCCC

