

# Family Mindfulness Session

## 26<sup>th</sup> February, 3.30pm



Two Waters  
PRIMARY SCHOOL

This year, Two Waters has introduced Mindfulness as a whole school approach. Come and find out more at our **Family Mindfulness Session**.

### Discover the following approaches:

- 'Letting the Clouds Clear' (ideal for those with general low-level worries and stresses)
- The Power of Now (to dissipate anxiety and stress by returning from 'mind' to 'body')
- Three Star Solution (to help children understand what is in and out of their control)
- Mindful Routines (guided meditations – non religious)

The first 45 minutes is a chance for parents to learn more about Mindfulness (crèche available). Then gather your children and join us for a Family Meditation Session for the final part of the event.

Monday 26<sup>th</sup> February  
3.30pm – 5.00pm  
Event: School Hall  
Crèche: Year 5 Classroom

To reserve your place at the event and crèche, please contact the School Office.

