



Brighstone C.E Aided Primary School

Headteacher – Mrs R. Lennon

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Friday 15th October 2021

Dear Parents/Carers,

I am excited to start running MAP club again after the half-term break.

Mindfulness and Positivity - Afterschool Club for Children in Years 2 to 6

Sessions will include:

Mindfulness colouring and Games

Guided meditation

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Children will learn strategies to help them to cope better when things become overwhelming.

The after-school club will be on Tuesdays at 2.45-3.45pm from Tuesday 9th November for 5 weeks at a cost of £2 per session.

We have mats in school but children are welcome to bring in their own if they would like, along with a blanket/cuddly toy for the guided meditation at the end of the session.

Please text the school system with "Child's Name MAP" to register.

Kind regards,

Melissa