

Breathe

A well being club for Years 1 & 2
Mondays 3.15-4.15 p.m

In Breathe club I teach children tools to understand their brain, emotions and learn to regulate and relax.

Your child will
MOVE, PLAY, STRETCH,
learn a story massage, a breathing technique
and **RELAX** whilst having fun.



“I wish it could be Breathe club
everyday!”

“* was really enthusiastic about all of it-
and is already looking forward to the
next session!”

Year 1 Breathe club members

“Thank you for doing such a great job
and for making my child feel welcome
and comfortable.”

Year 2 Parent



£6 per session

Book Spring Term £36

Jan 6th, 13th, 20th, 27th,

Feb 3rd, 10th Half Term

Book via the website or email Mel

relax Kids
coach

Email: beautifulbrainmel@gmail.com

www.mybeautifulbrain.co.uk

