

# 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!”**

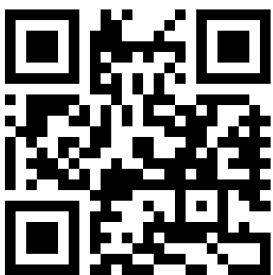
**“\* was really enthusiastic about all of it- and is already looking forward to the next session!”**

**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**

**£7.50 per session**



**Book Spring Term £67.50 (9 sessions)**  
5<sup>th</sup> Jan, 12<sup>th</sup> Jan, 19<sup>th</sup> Jan, 26<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 9<sup>th</sup> Feb,

**Half Term**

**23<sup>rd</sup> Jan, 2<sup>nd</sup> March,**

**No clubs 9<sup>th</sup> and 16<sup>th</sup> March**

**23<sup>rd</sup> March,**

**Book via the website or email Mel**

relax Kids  
coach

Email: beautifulbrainmel@gmail.com

[www.mybeautifulbrain.co.uk](http://www.mybeautifulbrain.co.uk)

