

Breathe

A well being club for Years 3 & 4

Wednesdays 3.20-4.20 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!”**

Breathe club members

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

Breathe club parent

£7.50 per session

Book Autumn 26 (11 sessions) £82.50

Wed 9th Sept, Wed 16th Sept, Wed 23rd Sept

Wed 30th Sept, Wed 7th Oct

Parents evening week

Wed 21st Oct

Half Term

Wed 4th Nov, Wed 11th Nov, Wed 18th Nov

Wed 25th Nov, Wed 3rd Nov

Book via the website or email Mel

relax Kids
coach

Email: beautifulbrainmel@gmail.com

www.mybeautifulbrain.co.uk

