



Spellbrook after school mindfulness club

Wednesdays 3.20-
4.30

Mindful crafts,
group games, yoga,
breathwork and
simple meditation-
working on
mindfulness, self
esteem and emotional
regulation.

Year 1-6

£7 per session, paid
each half term

To book please email
the address below!



hannah.rainbowrelaxation@gmail.com
[@rainbowrelaxation](https://www.instagram.com/rainbowrelaxation)



Spellbrook lunchtime mindful crafting club

Thursdays 12.15-12.45
in the library
Mindful crafts such
as weaving, colouring,
collages, drawing and
much more- all
working on
mindfulness, self
esteem and emotional
regulation.

Year 1-6

£3.50 per session,
paid each half term
To book please email
the address below!



hannah.rainbowrelaxation@gmail.com

[@rainbowrelaxation](https://www.instagram.com/rainbowrelaxation)