

MEDITATION & MINDFULNESS

Term 2 Program

with **Abbey Piggott**
Health & PE Teacher and Counsellor



IMAGINE THIS FOR YOU & YOUR CHILD!

- Better sleep patterns
- Calmer mornings at school drop off
- Improved concentration and attention span in class
- Increased ability to retain and recall information
- Confidence when approaching new experiences
- Less emotional meltdowns and shorter in duration
- Clearer connections between thoughts & behaviours
- Ability to turn a negative mindset into a positive one
- Improved self esteem

Learning and experiencing through:

- mindfulness games
- stress management strategies
- guided meditation.

**Leschenault Catholic
Primary School**

Mondays - Starting May 7th 2018

Yr. 1,2,3 Students: 3.15-4.15pm

Yr. 4,5,6 Students: 4.30-5.30pm

**Our Lady of Lourdes
Primary School**

Thursdays - Starting May 10th 2018

Yr. 1,2,3 Students: 3.15pm - 4.15pm

Yr. 4,5,6 Students: 4.15pm - 5.15pm

Register your child now at: www.abbeypiggott.com.au
Or contact **Abbey** on **0423035588** for more information.