

Calm

BOOTCAMP

Starts Wednesday 26th Sept.

Let's Get
Moving!

Kindfulness
Inside and Out

Contact: alison@shellybanksetns.ie

When? Wednesdays 2.30pm to 3.30pm

Where? The Library

How much? €65 (payable at first session)

For how long? 8 Week Programme

For who? Senior Infants to 3rd Class

Calm Bootcamp empowers children to emotionally regulate, strengthens coping strategies and increases positive thoughts and emotions in order to ensure a more relaxed, calm and kind child inside and out.

Mindful
Movement

Be Well, Get
Ready, Go!

Emotional literacy - live your
best life 😊

Please note that Alison is a qualified Health and Wellness Coach. Club numbers: Max. 15 Min. 10