



Little Buddha's Mindfulness & Mindset Program for primary aged children.

Little Buddha's is a program designed for children aged between 7-12 years old where children learn about mindfulness, meditation and growth mindset skills. They will learn to focus their attention on the present moment by using their breath and their 5 senses. The breathing exercises will help them to calm their bodies down especially when experiencing "big" emotions such as; anger, sadness, frustration, fear, anxiety.

Your child will also be taught positive and negative self-talk and the ripple effect this has on the way that they feel and how they treat other people. Growth mindset comes next with a focus on effort and persistence. Your child will learn that they are capable of achieving anything, even if they fail or get it wrong, it's about trying again and allowing their brains to stretch and grow and become stronger.

Location: 1M1B, Level 2, 42-44 Jackson Court, Doncaster East

P: 9855 8307 or E: info@1m1b.com.au

Time: Wednesday 4.30pm - 5.30pm. (Commencing Term 3).

Cost: \$150 per child. The program runs for 8 weeks during each term.