UNIVERSAL MINDFULNESS

EMOTIONAL INTELLIGENCE & MINDFULNESS after school club

Dear Parents & Carers of Stourfield Juniors,

We are delighted to offer our Emotional Intelligence & Mindfulness After School Club in the Spring 2026, Thursdays 3:15-4:20pm.

Modern day education does not teach children in any great depth about the importance of emotions and how to regulate and deal with them. These sessions give the children valuable groundwork to build their self-confidence, self-esteem, and resilience, as well as manage triggers, negative emotions (e.g. stress, anxiety & anger), as well as understanding how each individual child's brain is unique. We teach this to the children through emotional intelligence, mindfulness, NLP (Neuro Linguistic Programming) and journaling.

Contact Us: info@universalmindfulness.co.uk www.universalmindfulness.co.uk

UNIVERSAL MINDFULNESS

Programme topics include...

1. Understanding yourself and others through colour therapy
2. Self-esteem & self-respect - building it through emotional intelligence
3. Empathy / friendships and how we have different learning styles
4. Self-belief & motivation with positive outlook and kind words to yourself and others
5. Stress & anxiety with skills to re-frame to positive and express emotions. TALK
6. Bullying & peer pressure - understanding third perception and not taking personally
7. Developing confidence with circle of excellence / journal of achievements & gratitude
8. Technology and how it affects our brains with scientific facts on how our emotions adjust
9. Resilience & re-framing with powerful tools and techniques
10. Change - how we can adjust and embrace the unknown without manifesting
11. Healthy eating & sleeping - how it helps with well-being and our brain performance
12. Reflect & recap what you have become stronger in by practising mindfulness and emotional intelligence - light bulb moment!

Each session includes...

BOOK NOW

- Arts and crafts
- breathing techniques
- meditation to help calm the brain
- 1-1 coaching discussions around different emotions that we may feel & the neuroscience of brain chemicals

The cost for the course is £140 and it will run 15th January to 26th March. Places are limited so early booking is advised. Please note, ALL places must be booked online via the Book Now button above.

We look forward to welcoming your child/ren onto our sessions.

If you have any questions, or would like more information about other services we offer, for example family coaching, 1-1 coaching and parent training, please check our website www.universalmindfulness.co.uk, or email info@universalmindfulness.co.uk.