

SUMMER

HOLIDAY CAMPS

5-11 year olds

Book Online
NOW for
July & August

MINDFULNESS & MINDSET FUN

Games | Play | Stories | Music | Arts & Craft | Chat | Team
Work | Indoor & Outdoor Activities

Build Confidence

Raise Self Awareness

Recognise Emotions

Understand Feelings

Increase Inner Calm

Self Regulate Responses

Reduce Stress/Anxiety



Essex
ACTivate

Funded by



Department
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Book online: www.minimemindfulness.co.uk/families