

MINDFUL BRAIN PRESENTS...

Big feelings, Brave Minds

A family workshop on the Brain & Body!

Age: 7-12 & their grown-ups



31st October 2025

9-30-11.45

Birch Copse Primary School

Limited Spots - Reserve Yours!

£44 per pair (1 adult & 1 child)

£19 per additional child

£19 per additional adult

Adult with a max of 3 children

Children are not permitted without an adult

www.mindfulbrain.co.uk

For more Information:

katie@mindfulbrain.co.uk

**BOOK
NOW**



Follow Mindful Brain on Instagram and Facebook



MINDFUL
BRAIN



Big feelings, Brave Minds

A family workshop on the Brain & Body!

Join us for a fun interactive family workshop designed to help children (and their grown-ups) understand how your brain and body react to tricky situations - and what you can do to stay calm, focused and confident.

What's in store?



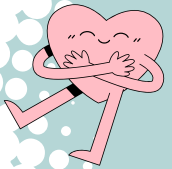
BRAIN SCIENCE MADE SIMPLE - meet your Amygdala (your brain's alarm system) and your Prefrontal Cortex (your brain's smart decision maker)

CONNECTION GAMES - strengthen the brain's self-regulation skills through fun, interactive play



CREATIVE CALM KIT - start building a personal toolkit of calming resources to use at home

MINDFULNESS & BREATHWORK - learn simple powerful techniques to manage big feelings



PARENT & CHILD BONDING - work together to build resilience, confidence & emotional regulation

Let's empower our kids with **BIG FEELINGS AND BRAVE MINDS!**

This workshop is perfect for families who want to help their children navigate challenges with courage and calm - while having fun together.

www.mindfulbrain.co.uk

For more information:
katie@mindfulbrain.co.uk

BOOK NOW



Follow Mindful Brain on Instagram and Facebook



MINDFUL
BRAIN

