

MINDFUL BRAIN PRESENTS...

# Big feelings, Brave Minds

## A family workshop on the Brain & Body!

Age: 6-12 & their grown-ups



**Good Friday 2025 (18th April) 9.30 - 11.30am**

**Birch Copse Primary School**

Limited Spots - Reserve Yours!

£35 per pair (1 adult & 1 child)

£7 per additional child

£9 per additional adult

Adult with a max of 3 children  
Children are not permitted without  
an adult

<https://www.mindfulbrain.co.uk/usefullinks>

For more Information:  
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NOW**

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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

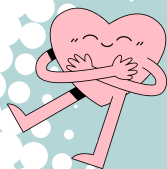


**CREATIVE CALM KIT** - start building a personal toolkit of calming resources to use at home

**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.



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