

MINDFUL BRAIN PRESENTS...

# Big feelings, Brave Minds

## A family workshop on the Brain & Body!

Age: 6-12 & their grown-ups



**Wednesday 20<sup>th</sup> August**

**9.30 - 11.45am**

**Englefield Village Hall**

**Sunday 31<sup>st</sup> August**

**9.30 - 11.45am**

**Birch Copse Primary School**

**Limited Spots - Reserve Yours!**

**£39 per pair (1 adult & 1 child)**

**£16 per additional child**

**£16 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:**

**katie@mindfulbrain.co.uk**

**BOOK 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)

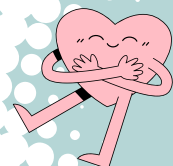


**CONNECTION GAMES** - strengthen the brain's self-regulation skills through fun, interactive play



**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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**They find change, uncertainty and new things tricky to manage.**

**Getting things wrong, they have such self-doubt.**

**They struggle going to school.**

**Low self-esteem and confidence.**

**They need everything to be a certain way.**

**Being away from parents.**

**Homework & friendships are triggers.**

# THE BIG 'A' ANXIETY WORKSHOP

**EMPOWERING PARENTS & PRACTITIONERS TO HELP ANXIOUS CHILDREN**

**5 WEEK ONLINE COURSE**

## JOIN US

11<sup>th</sup> September  
18<sup>th</sup> September  
25<sup>th</sup> September  
2<sup>nd</sup> October  
9<sup>th</sup> October

**12.45 - 1.45**

**OR**

**19.45 - 20.45**

Led by:  
**KATIE PURDY**

Founder of:  
**MINDFUL BRAIN**

Katie is a former Head Teacher & leading Children's Wellbeing and Mindset Coach in Reading & West Berkshire.



## WHAT WILL YOU LEARN?

Session 1: We will explore what anxiety is, how it affects the mind, brain and body and identify signs and symptoms to look out for. We will also examine triggers, types of anxiety, and debunk myths about anxiety. We will begin our journey to learn ways to support a child.

Session 2: We will focus on how to respond and co-regulate in those peak moments of heightened anxiety. You will learn the best approach to use in this 'crisis state', when reasoning and rationalising is out of the window!

Session 3: We will learn how our words have power! Using NLP techniques, we shift anxious patterns of thought and behaviour.

Session 4: We learn how to reflect on 'peak moments' and plan ahead to prepare for potential triggers. Our approach cultivates collaborative relationships, develops emotional intelligence, harnesses autonomy and values mental health and wellbeing.

Session 5: We will equip you with all the tools you need to prep and reset after those wobble moments. This session focuses on a proactive approach to 'Brain health' using mindfulness and breath work techniques. You will leave the session with a tool kit full of knowledge and skills to implement, creating a calmer place for all.

**SIGN UP!**

**[www.mindfulbrain.co.uk/usefullinks](http://www.mindfulbrain.co.uk/usefullinks)**