

Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Reduce Stress/Anxiety
Increase Inner Calm and Happiness
Encourage Communication & Resilience
Have FUN!
Make Friends

BOOK CLASSES ONLINE:
minime-mindfulness-kim.class4kids.co.uk

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Pre-School Fun
After School Clubs
Holiday Camps
Courses in Schools

MiniMe
mindfulness®
Mindset Coaching 4 Kids

Wellingborough,
South Kettering,
Rushden, Raunds &
villages



Info: www.minimemindfulness.co.uk