



MINDFULNESS FUN! FOR SCHOOLS

**WE ARE DEDICATED TO PROMOTING MINDFULNESS
IN A FUN AND IMMERSIVE WAY.**

We strive to support the development of children who are confident in their own skin, mindful of their thoughts and emotions, and are able to navigate life's challenges with grace and ease.

Incorporating mindfulness into the regular routine of students produces a range of tangible benefits – but it can be tricky to set up, to manage and to properly resource. Bloom is here to solve these problems; it is a straightforward, engaging, enjoyable and educationally aware approach to incorporating regular mindfulness practice into your school. Our workshops are designed to encourage resilience, positive thinking, to help facilitate a growth mindset and help children build functional, happy friendships.

In recent years, all important documentation, such as KCSIE (2022) have increasingly made clear that provision should be put in place to help ensure positive mental health in schools: "Schools and colleges have an important role to play in supporting the mental health and wellbeing of their pupils". Additionally, the new document launched by the government this September – "Behaviour in schools guidance (2022)" repeatedly reaffirms that the mental health of students can of course impact their behaviour; and that ongoing engagement with experts can help to create effective behaviour strategies.

UNIQUE

APPROACH IN EVERY CLASS

Our workshops can help schools and their students in a number of ways.

For example we understand that every class and student group is unique, with their own set of strengths and challenges. That is why we additionally offer **bespoke packages** with customised mindfulness workshops that meet the specific needs of each class and student group.



For example: If you find that one class has great focus and concentration but could benefit from more opportunities to work collaboratively and build social skills, we can adjust and develop a program to focus on those areas.

Similarly, if we find that another class is struggling with conflict or social dynamics, we can tailor our workshops to focus on building friendships, teamwork and other essential social skills. This flexibility allows us to provide a tailored approach that meets the specific needs of each group, ensuring that all students receive the support and guidance they need to succeed both academically and socially.



Single Workshops

Introduction to
Mindfulness

Duration: 45 min

Half day x3 workshops:

£199

Full Day x5 workshops:

£299

Mindfulness Fun

Duration: 50 min

Combining:

- ⌘ A life skill of your choice
- ⌘ Mindfulness Techniques
 - ⌘ Games & exercises
 - ⌘ Drama
 - ⌘ Movement/Dance
 - ⌘ Affirmations
 - ⌘ Cool down

Half day x3 workshops:

£210

Half day x5 workshops:

£320

Regular Workshops

Ready for the Week

Duration: 40 minutes

1 workshop: £60

1x5 weeks - £270

1x10 weeks - £490

Block of 20 £800

This workshop is designed to empower children to start the week filled with confidence and a positive mindset!

To get the most out of this workshop we advise to book in blocks, as a course.

BESPOKE Mindfulness Fun

Duration: 30 min/50 min

Combining:

- ⌘ Life skills
- ⌘ Mindfulness Techniques
- ⌘ Games & exercises
- ⌘ Drama
- ⌘ Movement/Dance
- ⌘ Affirmations
- ⌘ Cool down

Starting from £80 per workshop

Reduced prices with block bookings

Every class and student group is unique, with their own set of strengths and challenges. That is why we offer bespoke packages that can be customised to meet the specific needs of each class or year group.

- ⌘ Customised program
- ⌘ Tailored approach that meets the specific needs of each group

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