

# MINDFULNESS FOR KIDS

## WITH NICOLA



**"If every 8 year old in the world is taught mediation, we will eliminate violence in the world within one generation" Dalai Lama**

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. Mindfulness can help minimize anxiety and increase happiness. In recent decades it has emerged as a popular mainstream practice, teaching activities that develop compassion, focus, curiosity and empathy. Children are uniquely suited to benefit from a mindfulness practice. Habits formed early in life will inform behaviours in adulthood, and with mindfulness we have the opportunity to teach our children the habit of being peaceful, kind and accepting.

In this four-week course, children will learn a broad range of techniques to reduce stress and feel calm, fight off negative thoughts and behaviours and build self esteem, focus and confidence. Each week we will cover two new tools that will be a gift for the rest of your child's life. And remember, mindfulness can be fun.

Suitable for children aged 8-10 years.

### **About Nicola**

Nicola Wakeling, originally from the UK, has been teaching children of all ages for 12 years with a keen interest in child psychology and special educational needs. Over many years she developed a tool-set of mindfulness techniques to use on herself, her family and in the classroom. Most recently, Nicola completed a course to coach EFT, after discovering its effects to be profound for shifting negative energies, stress and anxiety. She wants to give children the gift of mindfulness techniques that they can take with them through to adulthood whilst working to reduce the potential layers of trauma that many of us build up over time. She is a caring, compassionate and a highly sensitive teacher with a strong belief in building resilience, self esteem and empathy.

🌿 **Date: Wednesdays 8, 15, 22 & 29 May**

🌿 **Time: 3pm-3.45pm**

🌿 **Investment: AED 70 per class or AED 252 for all four sessions (10% off)**

All prices are inclusive of VAT.

**Book your spot now!**

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