

🌿 Mindful Magic at Christmas 🌿

We all know that it has been a strange year and that there is every chance that Christmas will be a bit different this year too! Why not get it off to a great start with a workshop of **Mindful Magic** fun and exciting activities with a **Christmas twist**?

- 29th November 2020 at Yeldersley Hall, near Ashbourne
- 10am-11am 3-5 years (parents are welcome to attend)
- 11.30am-1.00pm 6-10 years
- 1.30-3pm 10-13 years
- £10 per child (places strictly limited)



Each session has its own **Christmas theme** and has been specifically planned for the age group of children. All children will learn some fantastic '**magic spells**' to help the Christmas characters solve their problems, as well as making some **Christmas themed craft** to take home, to remind them of the **spells** they have learnt. Please see the individual session information for further details.

- Led by fully qualified teacher and Mindful Magic Mentor
- Full DBS and COVID risk assessment in place

Booking Information:

Call 07545298919

Message the @mindfulmagicinthepeaks

Email planning4teachers@gmail.com

Places on a first come, first served basis



I look forward to seeing you there!

🌿 Why Mindful Magic at Christmas? 🌿

Mindful Magic Christmas Workshops are a perfect opportunity to introduce children to **Mindful Magic** and **the 'magic spells'**. Children's mental health and well-being are topics often in the news and areas of concern in schools. This often sounds very dramatic and can be a worry for parents. This is where **Mindful Magic** is **perfect** in providing support. **Fun** and **uplifting** strategies are used and introduced through **games** and **exciting activities**, often with the children not even realising they are learning **key skills**. It is the perfect way to support your child in staying **healthy** and **happy**- just the way you want them to be!

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🌿 Mindful Magic at Christmas 🌿 The Shy Snowman (3-5years)

The children will be introduced to Sid, **a snowman who is very shy**. Sid has a problem that he needs the children to help him solve. During the session, through **games, activities** and **creative craft** which introduce the **Mindful Magic Spells**, they will come up with a plan to solve Sid's problem and make him **happy** again.

Due to the age of the children, parents are welcome to stay and participate in the session or stay and observe. Please contact me if you would like some further information.

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We all know that **Rudolf's nose** has always caused him a few problems with the other reindeer but now he has a total **dilemma!** He doesn't know what to do and he needs some help. In this session, the children will learn some fantastic '**magic spells**' through fun games and activities at a deeper level, taking home strategies they can use should they ever find themselves in a similar situation. **Christmas decorations** will be made, which they will be able to take home as a reminder of the spells they have learnt.

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🌿 Mindful Magic at Christmas 🌿 Mindful Magic Super Heroes Save Christmas (6-10years)

Santa has a problem and he needs the **Mindful Magic Super Heroes** to save the day and **save Christmas**. The children will learn some fantastic '**magic spells**' to help Santa solve his problem, as well as making some **Christmas themed craft**, which they will be able to take home to remind them of the spells they have learnt, should they need to use them again. Please contact me if you would like further information.

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