

Explore, Learn, and Grow!



AFTER SCHOOL

WELLBEING SESSIONS

Join our after-school Healthy Minds Programme, where each session takes you on a journey to explore and discover what it means to have a healthy mind!

LOCATION: Chipping Hill Primary School,
FOR: KS1 & KS2

WHEN: Thursdays: 3:15PM - 4:15PM

Activities:

- Emotional Regulation – Dive deeper and learn how different brain regions influence emotions and how to manage stress, anxiety and mood effectively.
- Self-Awareness – Understand brain-based patterns behind thoughts and behaviors to build a deeper sense of self.
- Focus & Attention – Explore how the brain handles attention and develop strategies to improve concentration and mindfulness.



Contact Information:

Enrol your child today and watch them thrive!
Limited spaces available—follow the payment link to secure your spot.
4 week block - £24
Starting: 1st October 2026

<https://www.happyhealthyminds.co.uk/store/p/after-school-club-chippinghillautumn1>

