

# Yoga & Mindfulness In Schools

Energise Empower Embody

Classes are imaginative and tailored to meet the needs of the children in the class and include yoga, movement, mindfulness, breath work, relaxation and stories. These, very powerful, tools can be used to restore a person into a receptive place that is ready to learn.

- Yoga and mental health
- The child's developing brain
- Modified yoga for all
- Mindfulness activities
- Meditations
- NLP for kids
- The power of clean language
- Breath work

Yoga Mindfulness & Meditation  
for children & their teachers



## Benefits

- Eliminate stress and anxiety
- Aid academic learning
- Reduce peer aggression
- Enhance empathy & emotional intelligence
- Boost mood & self-esteem
- Create an 'I can - I am' attitude
- Feel empowered and ready to learn
- Feel empowered and ready to teach



70% of children & young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.





- Strengthens and stretches the body
- Improves posture
- Enhances co-ordination and balance
- Strengthens the core
- Calms the brain
- Aids focus and concentration
- Increases self-esteem

# our mission

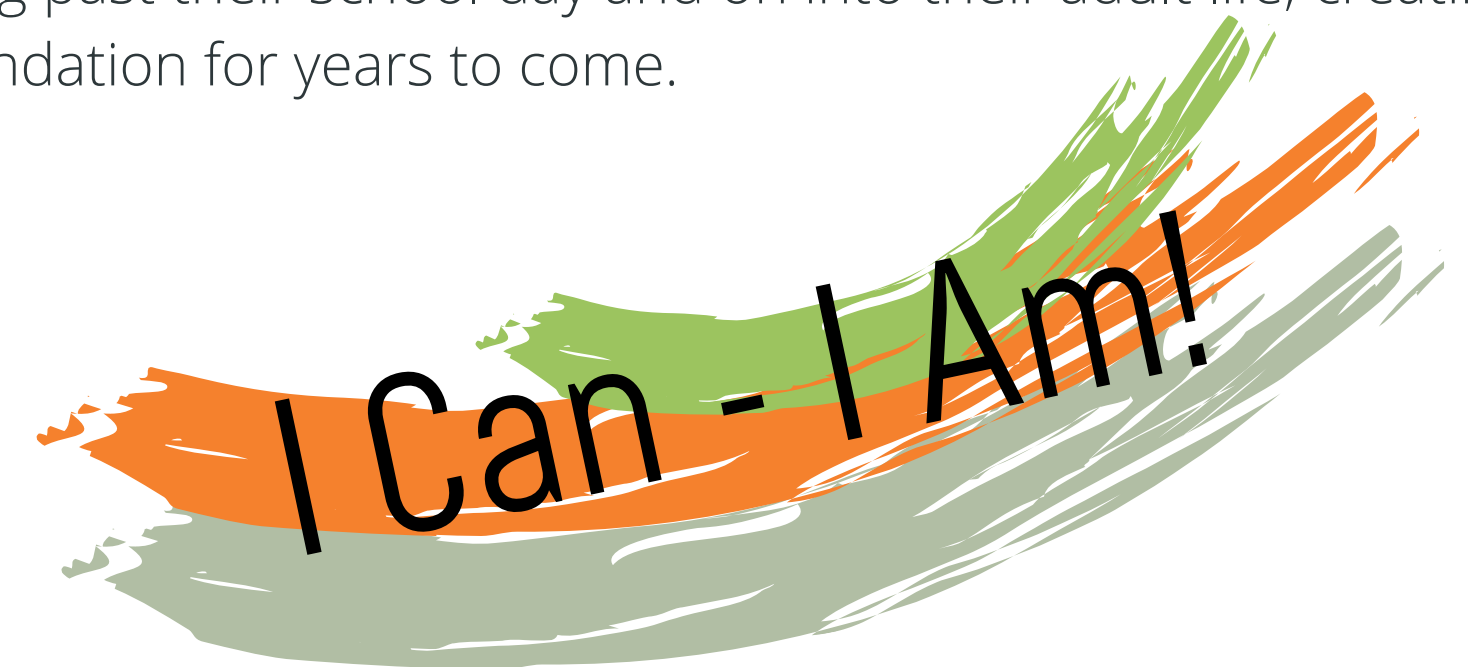
The evidence is building that by practising movement and mindfulness during the school day, children learn better, retain more information and are more attentive in class.

The promotion of movement and mindfulness is now being adopted in many schools throughout the U.K. and is helping combat the alarming growth of mental and emotional health issues in the younger generation.

Our mission is to deliver this unique and cutting-edge program to each child within each city, town and village; one classroom at a time.

When we invest small periods of time in our children and allow them to move, be mindful and connect with themselves we are optimising their cognitive and learning abilities, giving them a toolbox for life. This small investment in time has such a big yield for teachers and students alike.

We teach the children the tools and techniques that will support them long past their school day and on into their adult life; creating a solid foundation for years to come.



"When children and young people have access to appropriate interventions before mental health problems occur they will have a far better chance at moving through lifes challenges to live a happy and healthy life"



# our classes

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Many schools are reaping the benefits of our classes and are now fully committed to creating an environment that supports a child's mental and emotional health and well-being.

Children will become;

- More self aware
- Learn yoga moves for the developing child's body
- Experience mindfulness, meditation and breathing techniques that can be used within a busy school day and beyond
- Language and how to use it positively to influence a positive growth mindset
- Modified for children with additional needs
- Useable tools to self-regulate, build confidence and grow self-esteem

Mindfulness can help children manage their stress, improve their emotional health and well-being, help them focus and enhance their ability to cope with life's challenges.

Each child will fill a cutting-edge toolbox that they can use quickly and easily, as and when needed.

Daily movement and mindfulness activities are an opportunity for an average school to become a high-performing school.

To find out how your school can benefit from our classes and to book a call please contact; [info@wigglesbums.uk](mailto:info@wigglesbums.uk)

[www.wigglesbums.uk](http://www.wigglesbums.uk)



**Energise Empower and Embody**



**Build Confidence & Self-Esteem**



**Enable a Positive Growth Mindset**



**Become Mindful & Self Aware**

1 in 10 children aged 5-15 has a mental health disorder such as emotional and behavioural difficulties, anxiety and depression