

NATURE'S NOOK @ Orba

WELLBEING HUB FOR KIDS

**2nd - 4th
August 2023**



Times

4 - 7 yrs : 10am - 12pm

8 - 11 yrs : 1 - 3pm

Prices

£10 per session *or*

3 sessions for £25

Sessions will:

- Promote mental health and emotional wellbeing through yoga and mindfulness activities
- Encourage connecting with nature and exploring the outdoors
- Provide opportunities for children to express themselves through art and creative activities

For more info *or* to book contact Seanain
(experienced primary school teacher)

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