

# Family Learning

## NEW FOR AUTUMN 2019 Wellbeing Workshop

For Year 1 & 2 children  
& parents

Thursday  
mornings

## Including

- Yoga
- Keep fit exercises
- Mindfulness meditation
- Positive thinking opportunities
- Considering others

Links to the 2019 National Curriculum by covering aspects of the following:  
**Science, PE, PHSE, Mental Health & Wellbeing**

**FUN, PROMOTES DISCUSSION, HANDS ON**

**To book please contact [sarah.wild@halton.go.uk](mailto:sarah.wild@halton.go.uk)**