

MINDFUL MORNINGS

Six Steps to Wellness for Children

This workshop aims to be interactive and practical, providing participants with the knowledge and tools they need to establish and maintain routines that enhance their happiness and health.



What's Included...

- Six 2.5hr Sessions
- Group Activities
- Copies of the book
- FREE Anxiety Bundle



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WWW.WELLNESSFORCHILDREN.NET

MINDFUL MORNINGS



UNLOCK A HAPPIER, HEALTHIER STUDENT!

Why Join Mindful Mornings?

Join our transformative workshops on Routine, Meditation, Journaling, Affirmations, Exercise, and Simplicity. Teaching your students practical techniques to enhance their well-being and live a fulfilling life.

Welcome to Our Wellness Workshops

Are you ready to take the first step towards a happier, healthier lifestyle for your students? Our expert-led workshops are designed to provide your students with the knowledge and tools they need to make positive changes in their life. Whether you're looking to reduce stress, improve their mental and physical health, or find more joy in everyday moments for your students, we have a workshop for you.

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MINDFUL MORNINGS



TRANSFORM YOUR MORNINGS, TRANSFORM YOUR LIFE

Are you ready to transform the mornings—and the life of your students? Book your workshop today and help your students wake up to a brighter tomorrow!

Each session will include a mix of theoretical instruction, practical exercises, and reflective practices to ensure that each student not only learn about mindfulness but also understand how to apply these techniques in their daily lives, not just for the now but for their future.

What's Included...

- ✓ Routine
- ✓ Exercise
- ✓ Journaling
- ✓ Simplicity
- ✓ Affirmations
- ✓ Meditation

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What's *Included*...

Session 1. Embrace Routine: Pathway to a Happier, Healthier Lifestyle (2.5 Hours)

Discover the Power of Routine:

- **Understanding Routine:** Learn what routines are and their importance in daily life. Explore the psychological and physical benefits of having a structured routine.
- **Benefits of Routine:** Understand how routines can reduce stress and anxiety, improve sleep, boost productivity, and foster emotional stability.
- **Creating an Effective Routine:** Learn the key components of a good routine and how to build one that balances work, rest, and leisure.
- **Practical Application:** Design your ideal daily routine and share insights with others.

Key Takeaways:

- Reduced stress and improved mental clarity.
- Better sleep patterns and enhanced physical health.
- Greater emotional stability and stronger relationships.

What's *Included...*

Session 2. Embracing Simplicity: Pathway to a Happier, Healthier Lifestyle (2.5 Hours)

Simplify Your Life for Greater Joy:

- **Understanding Simplicity:** Learn what simplicity means in modern life and explore its psychological and physical benefits.
- **Benefits of Simplicity:** Understand how simplicity can reduce stress, improve mental clarity, and foster emotional stability.
- **Decluttering and Organising:** Learn practical steps to declutter your space and create a simple, organised environment.
- **Creating a Simple Routine:** Develop a balanced daily routine that promotes intentional living.

Key Takeaways:

- Reduced stress and improved mental clarity.
- Fostered emotional stability and stronger relationships.
- Enhanced overall happiness through intentional living.

What's *Included...*

Session 3. Exercise for a Happier, Healthier Lifestyle (2.5 Hours)

Energise Your Life with Exercise:

- **Understanding Exercise:** Learn about different types of exercise and their benefits, including aerobic, strength training, and flexibility exercises.
- **Benefits of Exercise:** Discover how regular physical activity can improve cardiovascular health, reduce stress, and enhance overall well-being.
- **Creating a Balanced Exercise Routine:** Develop a personalised exercise routine that includes all key components and accommodates your lifestyle.
- **Practical Exercise Session:** Participate in a guided exercise circuit and share insights with others.

Key Takeaways:

- Improved cardiovascular health and physical fitness.
- Reduced stress and anxiety.
- Enhanced overall well-being.

What's Included...

Session 4. Power of Affirmations: Pathway to a Happier, Healthier Lifestyle (2.5 Hours)

Transform Your Life with Positive Affirmations:

- **Understanding Affirmations:** Learn the science behind affirmations and their impact on the brain. Explore different types of affirmations and their benefits.
- **Benefits of Affirmations:** Understand how affirmations can reduce stress, boost self-esteem, and support personal and professional goals.
- **Creating Effective Affirmations:** Learn to craft effective affirmations that are positive, present tense, personal, and specific.
- **Practical Application:** Integrate affirmations into your daily routine and overcome negative self-talk.

Key Takeaways:

- Boost self-esteem and confidence.
- Overcome negative self-talk.
- Achieve personal and professional goals.

What's *Included*...

Session 5. Journaling for a Happier, Healthier Lifestyle (2.5 Hours)

Unlock Your Inner Thoughts:

- **Understanding Journaling:** Learn about different forms of journaling such as reflective, gratitude, and goal-oriented journaling. Understand the psychological and physical benefits.
- **Benefits of Journaling:** Discover how journaling can reduce stress, improve mood, enhance self-awareness, and strengthen relationships.
- **Creating Effective Journaling Habits:** Develop a personalised journaling routine and learn key components for success.
- **Practical Journaling Session:** Engage in a guided journaling activity and share insights with others.

Key Takeaways:

- Reduced stress and improved mood.
- Enhanced self-awareness and personal growth.
- Strengthened relationships through improved communication.

What's Included...

Session 6. Meditation for a Happier, Healthier Lifestyle (2.5 Hours)

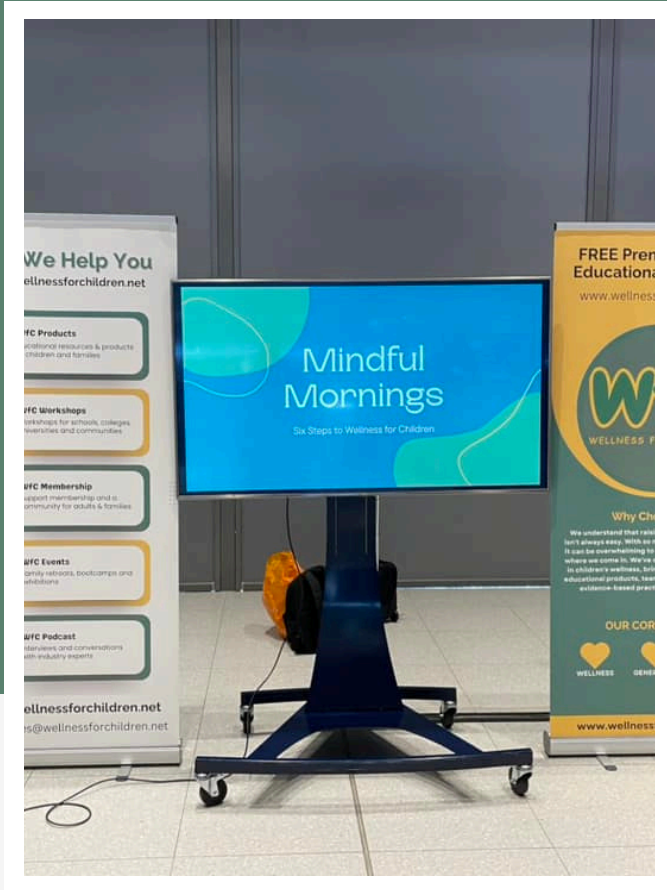
Discover the Power of Meditation:

- **Understanding Meditation:** Explore different forms of meditation including mindfulness, guided, and transcendental. Learn about the historical and cultural significance of meditation.
- **Benefits of Meditation:** Gain insight into the mental, physical, and emotional benefits, such as reduced stress and anxiety, improved mood, and enhanced overall well-being.
- **Creating a Meditation Practice:** Learn the key components of a successful meditation practice and how to develop a personalised routine.
- **Practical Meditation Session:** Participate in a guided meditation session and reflect on your experience.

Key Takeaways:

- Reduced stress and improved mental clarity.
- Better sleep patterns and enhanced physical health.
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COACH NAME

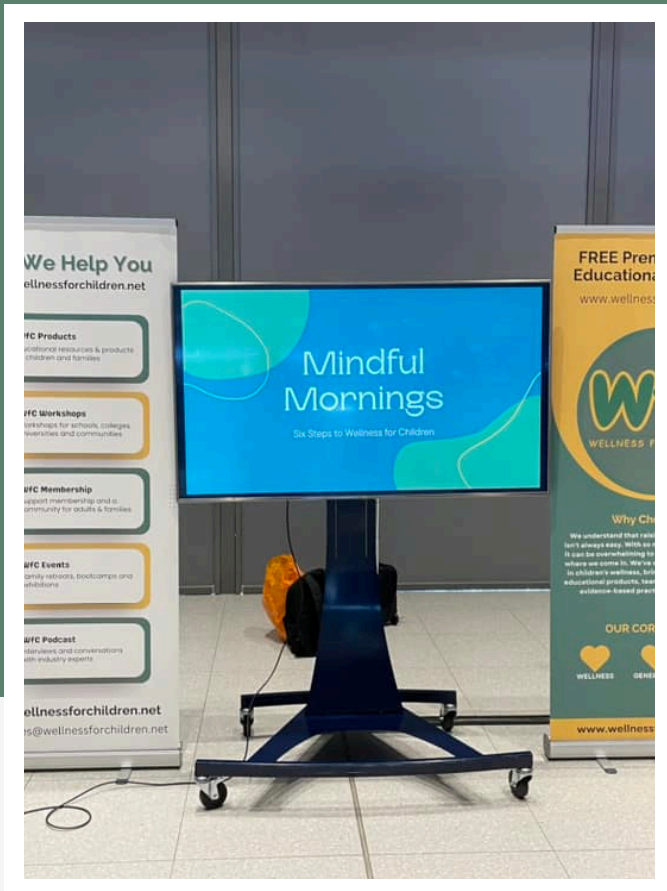
COACH NAME

- ✓ Routine
- ✓ Simplicity
- ✓ Exercise
- ✓ Journaling
- ✓ Affirmations
- ✓ Meditation

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Join Us for a Journey to Wellness

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Contact Us

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