

Mindfulness Club

A nurturing, creative, fun

after-school club

for Crawley Down Primary School

For children in Years 1- 6

At Mindfulness Club we will:

- Explore our emotions using the arts and play
- Learn new ways to manage and explore feelings
- Have space to de-stress and be creative
- Find calm, peace and support
- Have fun and get to know ourselves and each other!

Mindfulness club will be run by the same child therapist every week.

Day and Time: Thursday's, 3.15-4.15pm

Dates: Summer term, 10 weeks, from 23rd April – 2nd July 2026

Cost: £9 per child, per week- **First payment via Eventbrite: deposit of £10, invoice for remainder to follow.**

Bonus for parents and guardians: If your child attends Creative Emotions club you will be given free access to the Your Space Therapies 'Overcoming Overwhelm' so you can learn key strategies to support your child's emotional and mental health.

To book please click this Eventbrite link:

[Crawley Down Primary Mindfulness Club- Book Now!](#)



N.B We are unable to provide refunds for this club once spaces are booked. After we have received your booking, we will email you from bookings@yourspacetherapies.org with an essential registration form to complete. Thank you.