

MINDFULNESS FOR AGE 12-16

MINDFUL COMPANY MINDFULNESS FOR YOUNG PEOPLE

BRIEF INTRODUCTION

There are many profound physical changes that occur for young people in the 12 - 16 age range. It can also be a time of increased emotional highs and lows that can erode self-esteem and ability to cope.

Mindfulness can be a powerful friend to be able to call on in times of stress and low mood.

PROGRAMME OUTLINE

Cultivating greater awareness in relation to self and others.
Cultivating appreciation of self
Cultivating confidence about body image
Exploring emotions
Practicing short formal meditations
Activity based mindfulness exercises

NEXT STEPS

If you think your child could benefit from some mindfulness training then please contact me, Susan Collini, for a no obligation chat. You can phone me on 07799 892900 or email me at susan@mindfulcompany.co.uk.