

# 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

Practising 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](mailto:susan@mindfulcompany.co.uk).