

Spirit Wellbeing

for children in schools



Tailored programmes for children to develop and maintain a calm, confident, and positive approach to themselves and others

www.spiritwellbeing.co.uk

Spirit Wellbeing teaches simple, practical life skills that help children find and maintain emotional and mental balance.

Spirit Wellbeing is based on the fundamental principle that everything is energy.

Understanding how energy works gives you choice.

Spirit Wellbeing programmes are tailored to the specific needs of the children and help them to

Learning to manage your energy gives you freedom to live life with balance and positivity.

- find calmness
- reduce anxiety
- boost confidence
- build self-esteem
- let go of anger
- improve concentration
- develop kindness
- be themselves

These life skills offer children a foundation on which to build and develop a positive mindset.

Individual, group or whole school programmes are available



*Maria Bowbanks
Guide / Teacher / Reflexologist*

For more information or an informal chat about how I may be able to help you and your pupils or school, please phone me:

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