ZEN DEN CLUB

Homeolistics

Mindfulness, Health, Wellbeing
After school Club

Fun, Learning, and Wellness for Year 3 to Year 6

Every Wednesday
15:30–16:30 Term time only
From Sept 2026
FREE TRIALS
17 June '26
Hayes Primary School

Our Programs

GOOD MAZE

Imagination Time
Fun, hands-on activities introducing nature sciences , mindfulness, herbalism wellbeing and self-care

Games, arts & crafts, and outdoor play

Brain Boost
Mindfulness, memory games and relaxation practices

Team competitions, yoga, singing, dance-offs and obstacle challenges

Crafting, building, drawing, colouring & more every week!

Why You'll Love it

- Encourage healthy habits and gentle self-care
- Supervised by caring teachers-DBS enhanced checked& First Aid Trained
- Boost children confidence & creativity and help build friendships
- £6.95 per session - discounts for siblings £6.50 per session

Ready to Join?

Sign up by email or call us at:

homeolistics@yahoo.com

www.homeolistics.com

Tel: 07910 548 663