



ZEN DEN CLUB

Previously known as

WELLNESS WEDNESDAY

WILL ARE BACK at HAYES PRIMARY SCHOOL

Fun, Learning, and Wellness for Ages 8–12 Y3-Y6

Join us on health adventure of your future lifetime!

Are you looking for a safe, nurturing, and educational afterschool club for your child?

What's On Offer?

- Fun, hands-on activities introducing bases of wellness and self-care (body and organs crafts)
- Creative workshops including mindfulness (feelings jars; mindfulness colouring)
- Games, arts & crafts, and outdoor play (mindful breathing, listening, emotional regulation; emotions flash card games; tai-chi stretch sequences)
- Apples provided with each session for developing mindful eating healthy habits
- Friendly, qualified teachers with wealth of experience in both childcare and wellness; DBS enhanced checked; Safeguarding and First Aid trained

Details

- Who: Children aged 8 – 12
- When: Wednesdays (Year 3- Year 6) 15:30 –16:30
- Where: Hayes Primary School
- Cost: £6.95 per session (discounts available for siblings - £6.50 per session for two or more). Total 12 sessions Sept – 9,16, 23, 30; Nov – 7,14; Dec – 2,9,16

Why Join Us?

- Boost your child's confidence & creativity
- Encourage healthy habits and gentle self-care
- Make new friends and learn new skills
- Fun in a safe, supportive environment

Spaces are limited! To register or find out more, contact us at:

Email: homeolistics@yahoo.com or

Tel: 07910548663

To learn more about what we do visit www.homeolistics.com

Give your child the gift of natural wellness and joyful learning after school!

