

**Project
ME**

WAKE UP & WIN

WHAT WE DO:

**MINDFULNESS MOMENTS
PHYSICAL ACTIVITY
TEAM GAMES
PROBLEM SOLVING CHALLENGES
GROUP DISCUSSION**

**SESSIONS
RUN BY A
QUALIFIED,
EXPERIENCED
TEACHER**

BENEFITS:

**INCREASED ENGAGEMENT AND FOCUS
INCREASED ALERTNESS AND READINESS
POSITIVE WAY TO START THE DAY
MORE SUCCESSFUL SCHOOL DAY**

SUMMER TERM 2024

TUESDAYS 8:00-8:40AM

BARROW HEDGES PRIMARY SCHOOL

YEARS 3 - 6

11 WEEKS - £60.50

**£5.50
PER
SESSION**

**GET IN
TOUCH TO
FIND OUT
MORE!**



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