



**Temple Meadow Primary School**

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 Temple Meadow Primary School

Our Ref: KN/CH

Friday 13<sup>th</sup> February 2025

## Stretch, Yoga and Meditation Family and Child Workshop (Reception-Year 6)

Dear Families,

We are delighted to invite you to our Stretch, Yoga and Meditation Family and Child Workshop – a whole-school wellbeing event designed to nurture calm, connection and positive mental health.

This interactive session offers families the opportunity to slow down together, move mindfully and learn simple wellbeing techniques that can be used at home. Through gentle stretching, beginner-friendly yoga poses and short guided meditations, parents/carers and children will explore practical tools to support both emotional and physical wellbeing.

### What Will the Workshop Involve?

Families will take part in the following activities:

- **Gentle stretching exercises** to improve flexibility and relieve tension
- **Beginner-friendly yoga sequences** to develop balance, posture and body awareness
- **Breathing techniques** to help calm the nervous system
- **Short guided meditations** focused on focus, regulation and emotional wellbeing
- **Shared mindfulness activities** that strengthen family connection
- **Take-home strategies** families can continue to use together

### How This Workshop Supports Wellbeing

Taking part in yoga and mindfulness together has many benefits, including:

- **Improved physical health** – enhanced flexibility, balance and overall body awareness
- **Reduced stress and anxiety** – breathing and meditation support emotional regulation
- **Increased focus and concentration** – mindfulness promotes attention and readiness to learn
- **Strengthened emotional resilience** – children learn healthy ways to manage big feelings
- **Encouraging lifelong healthy habits** families can enjoy beyond the workshop

Most importantly, this event celebrates *connection*. Stepping away from the busyness of day-to-day life to share calm, positive experiences helps strengthen family relationships.

### Booking Information – IMPORTANT

Each session is limited to 30 children with one accompanying adult. To ensure fairness and safety, **all places must be booked in advance through the MCAS app. The booking portal will open on Monday 16th February at 6pm. Please book one session only - either the morning or the afternoon slot.**



## **Workshop Dates & Times**

All sessions take place within the school day.

### **Reception**

Thursday 12th March 9:00am – 10:00am

Thursday 12th March 2:00pm – 3:00pm

### **Year 1**

Tuesday 17<sup>th</sup> March 2:00pm – 3:00pm

Wednesday 18th March 9:00am – 10:00am

### **Year 2**

Thursday 19th March 9:00am – 10:00am

Thursday 19th March 2:00pm – 3:00pm

### **Year 3**

Wednesday 11th March 9:00am – 10:00am

Thursday 26<sup>th</sup> March 2:00pm – 3:00pm

### **Year 4**

Tuesday 24th March 9:00am – 10:00am

Tuesday 24th March 2:00pm – 3:00pm

### **Year 5**

Tuesday 14th April 9:00am – 10:00am

Tuesday 14th April 2:00pm – 3:00pm

### **Year 6**

Wednesday 25<sup>th</sup> March 9:00am – 10:00am

Thursday 16<sup>th</sup> April 2:00pm – 3:00pm

We look forward to welcoming you to a calm and uplifting workshop that brings our school community together.

Yours sincerely,

*K. Nugent*

**Miss Nugent**  
**Performing Arts Lead**