



Peaceful Park Practice

“ Do you (or a yp you know) have thoughts in your mind that you wish would just float away?”

Come join us for our peaceful park summer sessions. We will practice ways to help calm those who have busy minds and reduce worrying and negative thoughts using practical activities out in the park.

- All our activities can be done by yourself or with a friend
- No need to talk if you don't wish to, all our activities can be done silently and at your own pace.
- Sessions are ran by our friendly children's emotional wellbeing team CWP and PMHW's
- Suitable for ages 7-17
- 2 sessions a day over the summer between 11:00-1:00 and 2:00-4:00.
- All sessions are free to Blackpool fylde and wyre residents.
- Drop by and have a try
- All activities are mindfulness based so you can do them yourself anytime you need to relax.

Every Tuesday during August

| 11.00 13.00hrs | 14.00 - 16.00hrs |
|-----------------------------|-----------------------------|
| 3/8- Stanley Park- lakeside | 3/8-Layton Park |
| 10/8- Mereside Park | 10/8- Watson Rd Park |
| 17/8- Anchorsholme Park | 17/8- Moor Park |
| 24/8- Kincaig Park | 24/8- Stanley Park-Lakeside |
| 31/8- Bispham Rock Gardens | 31/8-Grange Park |

Activities to include

- Painting
- Craft making
- Active Listening
- Watching
- Counting
- Using the 5 senses
- Reflective thinking
- Focused thinking

Contact Stephanie PMHW for further Details

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