

# Infinite Flow

CHILDREN'S WELLBEING & MINDFULNESS CLUB



**Help your child feel calmer, more confident and better able to handle big feelings.**

Infinite Flow is a warm, nurturing after-school club where children build their own personal "toolbox" for managing big emotions such as worry and frustration. Through gentle Tai Chi, breathing, mindfulness and a wide range of fun creative activities, each child discovers the tools that work best for them – so they can self-regulate, focus and feel more at ease in everyday life.

**Led by Nav Mohain - Early Years teacher from an Outstanding Ofsted-rated setting, with over 15 years' experience supporting children's emotional development and wellbeing. Fully DBS checked and insured.**

## BENEFITS:

Children will:

- Learn simple ways to calm their mind and body
- Develop confidence and emotional resilience
- Improve focus and concentration
- Build self-awareness and emotional understanding
- Enjoy fun creative movement and mindfulness activities

## COURSE INFO:

Every Thursday from 4th June, for 6 weeks  
3.30pm – 4.30pm  
Melbourne Infants School  
£8 per session  
Suitable for all infants  
Limited spaces available

Parents receive short weekly updates on what children have learned, plus simple techniques to use at home.

Book online: [ininitetaichiderby.com/book-online](https://ininitetaichiderby.com/book-online)  
Learn more: [ininitetaichiderby.com/infiniteflow](https://ininitetaichiderby.com/infiniteflow)  
Questions? Email [navm1@yahoo.co.uk](mailto:navm1@yahoo.co.uk)

## WHAT'S IN A SESSION — BUILDING THE TOOLBOX

Every week we explore different tools so children can find what works for them:

- Identifying emotions and how they feel in the body
- Tai Chi, Qigong & gentle movement
- Breathwork & relaxation
- Circle time & reflection
- Creative play – slime making, bracelet making, clay, playdough, origami
- Movement & dance
- Mindful activities – colouring, nature walks, reading
- Positive affirmations

