

ONLINE SESSIONS FOR TWEENS

SELF-AND SOCIAL IDENTITY

Do you ever wonder if you are the same as others or worry you might not fit in? With so many changes taking place in adolescence, identity can be confusing. We will look at ways to develop self-esteem so you feel comfortable with yourself and become confident in dealing with social expectations.



WHEN? - ALL YEAR ROUND
WHERE? - ZOOM
WHO? - TWEENS
COURSE DURATION - 6 WEEKS
SESSION DURATION - 1.5 HOURS
COST - £125 (includes a mindfulness pack we will send through the post)

bookings@restorative-practice.co.uk

ANGER

Ever just lose it for no reason? Or find yourself quietly seething? Do you find yourself getting angry over things that don't seem to bother others? Anger is linked to our needs and our values. Do you know what your values are? We will learn how to recognise, process and express your anger in words without upsetting yourself or others

SOCIAL MEDIA SKILLS

Are you just starting to use social media? Do you ever feel confused by your friend's reactions or hurt by their comments on line? Do you/they behave differently in person and online?

By mastering self-awareness, you will learn how to communicate confidently, express yourself appropriately, resolve conflict successfully and build strong friendships.

Our online interactive course for tweens develops social skills, self-identity, responsible risk-taking, reduces anger, and anxiety. Through the teaching of practical activities, breathwork, journaling, meditation, and movement, it helps tweens understand changes in their brain, manage emotions, and build confidence so they can navigate adolescence successfully.

RESPONSIBLE RISK TAKING

Teenagers are great risk takers. But how do we know which risks are right for us? We'll use a set of questions to help you to decide which risks fit with your values and beliefs and help you to grow, and which don't. We'll teach you tools to help you make good choices.

WHAT'S GOOD ABOUT BEING A TEEN?

Did you know it's easier to learn new things as a teenager? Did you know teenagers need to have lie-ins? You'll learn how the teenage brain is different and why it makes you do some of the things you do.

HOW DO THE SESSIONS WORK?

In each session, we'll engage in practical mindful activities like baking or art. We'll discuss brain science, practice breathing techniques, journal for reflection, try gentle meditation, and incorporate physical movement for stress relief. You'll receive a personal journal and access to breathwork videos for home practice.

ANXIETY

Are there things you avoid doing because you are scared about how they will turn out? You will learn what causes anxiety, that it's necessary and normal to have some anxious feelings and how to manage those feelings of unease and fear so that anxiety doesn't stop you from living your best life.



KEY INFORMATION

Sessions are delivered by Jude Marwa a trained mindfulness coach, yoga teacher and qualified teacher.

She also has ADHD and says she might forget to turn up ;)



Each session contains an active mindfulness craft activity

- Baking with a twist
- Journalling
- Air dry clay
- Collaging
- Pebble painting
- Mindful colouring

When you sign up, we will send you a special package through the post with all of the materials you will need for the active mindfulness activities. The course cost includes the cost of these materials.

BE KIND
TO YOUR
MIND

Our sessions run once a week for 6 weeks.

After the initial period you will be invited to join our meet up community, we'll meet monthly and share what we've been up to.

We quite often feel like we are the only one who feels a certain way, this group will help you to connect with others and to realise that we are all more similar than we might have thought.

"I am really enjoying the sessions. I didn't really want to do them at first as an hour and a half with people I don't know seemed like ages but it's amazing how quickly they fly by and also how quickly you get to know people."

Poppy age 11

Our Monthly meet-ups will be designed by you and will cover topics you would like to know more about



Restorative
Practice
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