

Transform mental and emotional wellbeing in your school

Equip and empower your children and staff with **online, daily wellbeing practices** that ease and relieve.

Daily videos mean no planning, prep or extra work for staff

Self-awareness and self-regulation taught through:

- Thought watching
- Breath practices
- Mindful movement
- Body signals
- Outdoor mindfulness
- Sense awareness
- ...and much more!



"It's helped me to understand that my emotions are normal. They come and visit for a bit then they go."

YEAR 4 PUPIL

"Both parents and teachers are impressed at how well we prioritise mental health and well-being; not only for the children, but the parents and staff, too."

HEADTEACHER



For more information,
please contact jo@learnful.co.uk
or visit www.learnful.co.uk