



THE MINDFUL WOODEN TOY CLUB

A MONTHLY CLUB FOR CHILDREN TO CREATE THEIR VERY OWN ADVENTURE SET, WITH A SELF SUPPORTING MINDFULNESS TECHNIQUE TAUGHT FOR EACH TOY



SATURDAY 5th October - SESSION 1 -

MY BUDDY BEAR/BUNNY

MAKING : Customise your fun wooden buddy, bear or bunny by making it an outfit, a super power stick and a colourful headband! branded cotton bag for storage provided. (duration 1h)

BREAK : Healthy drink & snack

MINDFULNESS : Your child will learn a very simple self-calm technique using his/her breathing buddy. This relaxing game can then be used at home anytime they feel anxious. (duration 25min)



SATURDAY 2nd November - SESSION 2 -

A MINI HOME FOR YOUR BUDDY - TEEPEE AND SLEEPING BAG MAKING

MAKING : Make a wooden teepee structure and customise the fabric tent. Make a sleeping bag for your wooden buddy to sleep comfortably! (duration 1h05)

BREAK : Healthy drink & snack

MINDFULNESS : During a pretend play time with the toys they made, we will together talk as a group about dreams, nightmares and the importance of sleep. Your child will be led through a soothing sleep ritual which can repeat at home. (duration 20min)



SATURDAY 7th December - SESSION 3 -

THE WINDMILL AND THE CLOUD

MAKING : Learn the basic knowledge of wood and sanding. Sample being a toy maker and build your windmill out of the different components you have prepared. Paint/varnish your wooden cloud! (duration 1h10). Toys to collect @hwgga studio the next day to allow drying time. Royal mail alternative if you live more than 10miles away.

BREAK : Healthy drink & snack

MINDFULNESS : Using the windmill and cloud they've made, your child will explore *The sky-like attitude*. They will learn to welcome thoughts and emotions and how to deal with them. Final guided meditation. (duration 20min)

SATURDAY 4th January - SESSION 4 -

HAPPY AS FISHES IN A POND!

MAKING : Make a mini fishing rod, create and personalise your felt pond and its 4 fish. (duration 1h10)

BREAK : Healthy drink & snack

MINDFULNESS : Music relaxation with introduction to awareness of nature's sounds. Visualisation games to bring lightness to their big hearts. (duration 20min)



SATURDAY 1st February - SESSION 5 -

STAND TALL LIKE A MOUNTAIN!

MAKING : Learn the 3 steps of the sanding process like a real toy maker and make a wooden mountain and a sun! Personalise with the paint and stencils provided. Make a wooden Victory flag as a reward for climbing to the top of the mountain! (duration 1h05)

BREAK : Healthy drink & snack

MINDFULNESS : Initiation to Yoga with specific and fun movements to boost upright positions and connect to inner strength. This session will gently connect your child's mind and body, helping them to face everyday little challenges they encounter at home/at school. We will talk about achievements, using the mountain and the victory stick they have made. (duration 20min)



SATURDAY 7th March - SESSION 6 -

SOMEWHERE OVER THE RAINBOW

MAKING : After a little explanation of rainbow formations ,your child will make the most colourful rainbow!!! After sanding the wooden rainbow, the group will go on a fantastic hunt to find as many coloured props to create his/her own unique rainbow!
Toys to collect @hwgga studio the next day to allow drying time. Royal mail alternative if you live more than 10miles away.

BREAK : Healthy drink & snack

MINDFULNESS : Your child will be led through a fun visualisation game using body and breath called: The Rainbow walk (duration 20min)