

MINDFUL BRAIN PRESENTS...

Zen Den

The Ultimate Chill & Creative Club!

Year 3 - 6



Spring Term 2026

3.20 - 4.20pm

Tuesdays

Jan 13th, 20th, 27th, Feb 3rd, 24th, Mar 3rd, 10th, 17th, 24th

St Paul's Catholic Primary School
Keystage 2 children

£67.50 + £18 Creative Calm Kit

Limited Spots - Reserve Yours!

TO BOOK:

<https://www.mindfulbrain.co.uk/usefullinks>



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MINDFUL
BRAIN



Zen Den








The Ultimate Chill & Creative Club!

Zen Den... A place to have fun, learn and feel good.

 Zen Den - What's On? 



Take a break and reset your mind at Zen Den! Here's the kind of thing you can expect:

-  **Brain Boost** - Learn about the brain systems that are involved with emotions and self-regulation.
-  **Relax & Recharge** - Simple breathing exercises & games to help you feel calm and focused.
-  **Creative & Crafty Activities** - Creating your very own Calm Kit
-  **Positive Chats** - A chance to share good news, reflect on the day, or just listen.
-  **Chill-Out Music** - A quiet space with relaxing music to help you switch off.
-  **Confidence Boost** - Activities to build self-belief and a positive mindset.
-  **Quiet Space** - Time to pause, breathe, and take a break from the busy day.

CALM KIT: You'll make a Calm Kit to use at home and in our session this includes resources for breathing and mindful exercises and games (It's yours to keep).

Perfect for anyone who wants to feel calmer, learn more, be creative and have fun in a safe, caring space.



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For more information:
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