

first breath
Art & Wellbeing



First Breath Art and Wellbeing

First Breath Wellbeing strives to provide a sanctuary in the community to support parents and their children with the development of physical and emotional wellbeing through easy to apply mindfulness practices.

Today's busy life-style, exposes children to technology and devices from a very young age and this has the potential to dilute their time to dream off into creative play.

Our beautiful teachers, under the pressure of an over-flowing curriculum, have their hands full delivering against it, shortening the time spent on much needed self esteem activities and self awareness techniques. Children are constantly pushed towards acquiring the necessary skills and knowledge for language, math, science, music etc. The child's school day is in general, structured and outcomes based, and children are required to deliver a planned result.

Once in the system, the children leave their dream time play days behind. This is where the gap begins to develop between intellectual and emotional development.

First Breath Wellbeing children's programs are designed to bridge this gap by delivering open ended play and mindfulness techniques, while providing the necessary space for children to develop right brain strengths. This assists children with the ability to further develop emotional resilience by recognising feelings and building a strategy bank, that better skills the child to self regulate and be able to prepare for setting a calm, peaceful environment (physical or emotional) which assists them in later primary and high school years when study and homework become a larger part of their day.

FIRST BREATH ART & WELLBEING

Children's Wellbeing Program's ©

First Breath Mindfulness Benefits

At First Breath Wellbeing, we take your children on a fun journey from tension to relaxation by providing wellbeing rituals to colour their day.

We do this through teaching the children techniques that are simple and fun and develop the ability for them to:

- pay attention
- calm down
- make better decisions
- regulate their emotions
- focus their thoughts
- better prepare for study and more loaded homework schedules



First Breath Wellbeing children's programs.

First Breath Wellbeing



Details

Cost: \$25 per class – paid by term

Phone: 0407 473 575

Email: karenleeneville@gmail.com

Web:

<https://firstbreathartandwellbeing.com.au/>

Instagram: firstbreathartandwellbeing.com

Weekly Format

Welcome Circle

Meditation / Relaxation

Art Mindfulness

Outdoor fun through play and games

Gratitude Circle



Note to Mamas and Pappas

Do – make everything about the program fun...

Do – introduce breath and mindfulness at bed time. Bedtime practice makes mindfulness fun and relaxing.

Don't – make mindfulness a punishment. It should always be fun.

Don't – force it. We want to avoid any negative experiences around mindfulness practices.

Don't – be attached to an outcome (sometimes it's just not going to happen and that's ok!)