



## Blossom with My WELL BEING

The creative and curious young minds have excited us to put together a programme that can attend to their emotional needs as they are growing up. During the coming summer holidays, we intend to conduct a ten day programme for children aged between five to eight only. Yes!

**We would like to take this opportunity to empower them to lead a creative, truthful and happy life.** For this, it is important that we catch them young.

**Aim of programme :** Impart essential skills very attractively and get them to open up and learn new behaviour patterns happily.

- A) **Look Within to realise the power within :** To equip them with inner strength to cope with challenges as they grow up, we intend to initiate them to
- Facets of Living consciously
  - Skills that will help develop a contented being with inner strength
  - Ability to work on inner constrictions

***This inner clarity is critical to help them to mature into an enterprising teen .***

- B) **Behaviour Patterns :** Along with letting them explore their creativity and decision making skills, they will be prompted to
- Develop patience, polite behaviour, planning and time management
  - Sensitised to art of communicating their needs and thoughts clearly
  - management of the urge for instant gratification

**Program Delivery** The following approaches will be adopted:

- Group interactive work
- Individual presenting, creating

Having stated the above, it doesn't mean that all will be intense soul searching activity. Reckoning the tender age, we have structured activities that will be fun filled while remaining focussed on developing multiple skills – much needed in today's world.

<p><b>Programme coverage:</b></p> <ul style="list-style-type: none"> <li>• Story-telling, reading, creating and presenting</li> <li>• Mind-gym technique</li> <li>• Nutrition awareness and happy meal creation</li> <li>• Work on body mind coordination</li> <li>• Leadership, assertiveness training,</li> <li>• Grooming, hygiene</li> <li>• Etiquette</li> </ul>	<p><b>Programme Details:</b></p> <p>Duration: 10 days (Monday - Friday), from 10am to 3pm. Limited to 20 places.</p> <p>Participation Fee: Rs. 6500 per child, which includes Lunch and Workshop Material. Please advise of any dietary requirements.</p>
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To register, please contact [Jyothi@mywellbeing247.com](mailto:Jyothi@mywellbeing247.com) or 99452 22926.