

**Project  
ME**

# WAKE UP & WIN

## WHAT WE DO:

**MINDFULNESS MOMENTS  
PHYSICAL ACTIVITY  
TEAM GAMES  
PROBLEM SOLVING CHALLENGES  
GROUP DISCUSSION**

**SESSIONS  
RUN BY A  
QUALIFIED,  
EXPERIENCED  
TEACHER**

## BENEFITS:

**INCREASED ENGAGEMENT AND FOCUS  
INCREASED ALERTNESS AND READINESS  
POSITIVE WAY TO START THE DAY  
MORE SUCCESSFUL SCHOOL DAY**

**SUMMER TERM 2024**

**TUESDAYS 8:00-8:40AM**

**BARROW HEDGES PRIMARY SCHOOL**

**YEARS 3 - 6**

**11 WEEKS - £60.50**

**£5.50  
PER  
SESSION**

**GET IN  
TOUCH TO  
FIND OUT  
MORE!**



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