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# Mindfulness Activities for Kids @ Coonabarabran Library



## **MINDFULNESS AND MEDITATION FOR KIDS**

Introduce the concept of mindfulness to children aged 5 to 10

TUES 16 APR & TUES 23 APR  
10:30 AM - 12 PM  
COONABARABRAN LIBRARY



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Join us for an interactive session introducing the concept of mindfulness to children aged 5 to 10.

In this engaging workshop, we'll discuss thoughts and feelings, exploring how mindfulness can positively impact them.

Through fun activities and discussions, children will learn simple techniques to practice mindfulness in their daily lives. We'll also emphasize the importance of gratitude and how it can be incorporated into everyday activities.

For more information contact Coonabarabran Library on 6842 1093 or at [coonabarabran.library@mrl.nsw.gov.au](mailto:coonabarabran.library@mrl.nsw.gov.au)

Don't miss this wonderful opportunity to introduce mindfulness and meditation to your child in a fun and interactive way!

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