



The Avery Tree

Assisting children in flourishing through mindfulness practices, sound therapy, and building emotional resilience.

# Wellbeing sessions for children in Schools

Fun exercises for focus and stress management.  
Yoga and movement routines for flexibility and relaxation.  
Activities to boost self-awareness and empathy.  
Tips on nutrition, hydration, and good sleep.

## Benefits...

**Better concentration and academic performance.**

**Enhanced emotional regulation.**

**Improved physical health and energy.**

**Increased self-confidence and social skills.**



Music for Mindfulness



Emotional Intelligence



Engaging Wellness



Healthy Habits



## Helping your teens to grow

**Book a Free Introductory Session Today!**

Empower your children with the tools they need to succeed both in and out of the classroom. Contact us to learn more about our programme and how we can tailor it to fit your school's needs.



### Why Choose The Avery Tree?

**Evidence-Based:** Holistic wellbeing is proven to help children learn more about themselves and the world around them.

**Engaging:** Interactive sessions to keep children motivated.

**Holistic:** Focuses on mental, physical, and emotional wellbeing.

**Inclusive:** Tailored for all abilities and learning styles.



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The Avery Tree

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Accredited, Certified and Insured

Reiki Master and Teacher

Holistic and Sound Practitioner

Crystal Healer

DBS checked