

CHILD & PARENT - SUMMER EVENT -

3 - 8 years old

Thursday 7th August
10AM - 2:30PM

Join Us for Fun and Relaxing
Child & Parent Activities!



Child and Parent Yoga & Calmer Story Sessions:

Experience a nurturing space where you and your child can connect through gentle movement, sensory-rich activities, and soothing storytelling. These sessions are thoughtfully designed to support your child's sensory needs, strengthen your emotional bond, and introduce calming techniques that promote self-regulation. Together, you'll explore playful yet peaceful practices that you can easily bring into your daily routine at home.

Other activities Include:

- Making delicious flapjacks
- Creating refreshing smoothies
- Crafting glitter bottles
- Sensory painting
- Various art and craft projects

Details:

- Please bring your own lunch to the event
- Refreshments and biscuits will be provided

CLICK HERE!



EXPRESS YOUR
INTEREST HERE



For more information, please email:

adoptionevents@adoptioneastmidlands.nottscg.gov.uk

**This poster was designed by the Voice of Adoption Youth Group*