

# INVITATION

**FREE**

**27 NOV**

**7:30-9:00**

**zoom**

**SEND  
PARENT/CARERS**

*Lockdown  
Wellbeing Evening*

**POTENTIAL  
KIDS**

**POTENTIAL  
KIDS**

**WELLBEING  
STRATEGIES WITH  
POTENTIAL KIDS**

**YOGA LAUGHTER  
WITH LOTTE  
MIKKELSEN -UK  
LAUGHTER MASTER**

*babacool*

**BREATHING  
TECHNIQUES AND  
MEDITATION WITH  
BABACOOOL**

  
**BRITISH  
Nutrition  
FOUNDATION**

**NUTRITION ADVICE  
WITH THE BRITISH  
NUTRITION  
FOUNDATION**

**BOOKINGS**

**POTENTIALKIDS.ORG/ACTIVITIES**