

# *Bear Fruit*

## *Creative Mindfulness Classes*

Bear Fruit aims is to promote positive mental health in fun, creative & imaginative ways for children aged 4-12 years through arts & crafts projects, music, stories, discussion, breathing techniques/meditation & visualisation.

Workshops use research-based mindful and relaxation techniques to introduce children to novel resources to calm and focus the mind. This techniques help students to pay attention to their inside world and the outside world.

Watch your children bear the fruit of their practice

Happiness is the new rich

Inner peace is the new success





# who we are

*Sonia  
Millar*



B.A Sociology and Psychology  
Creative Mindfulness Children's Teacher (Mindful Hearts Curriculum)  
Accredited with the International Mindfulness and Meditation Alliance  
Tulsa Safeguarding Children Certification  
Mindfulness Practitioner  
Mother  
Teaching Council Registered

I believe that mindfulness and a positive outlook are the keys to good mental health, self-esteem and emotional resilience. My mission is to give young people a toolbox of mindful exercises from a young age, to nourish roots of wellbeing & to plant wholesome seeds of kindness & self-compassion to help them manage stress and anxiety and to be more resourceful when facing the challenges of daily life.

These are skills for life



# CERTIFIED PRACTITIONER

I hereby declare and certify that

**Sonia Mulpeter**

Has successfully completed the Creative Mindfulness Kids program and has consistently demonstrated the highest degree of competency to be certified as a

**Accredited Creative Mindfulness Kids Practitioner**

Provided during 2018 and 2019 in Athlone, County Westmeath..

Awarded on August 29th, 2019 in Athlone, County Westmeath.

*Louise Shanagher*

Louise Shanagher  
Mindfulness Teacher  
BA & MSc Psychology  
PgCert Play Therapy



Number: 00040





# The Mindful Brain

## Research Evidence

Overwhelming Mindfulness Research evidence shows that mindfulness boosts the immune system, intelligence, positive emotional states, self awareness, creativity, happiness, compassion and more...

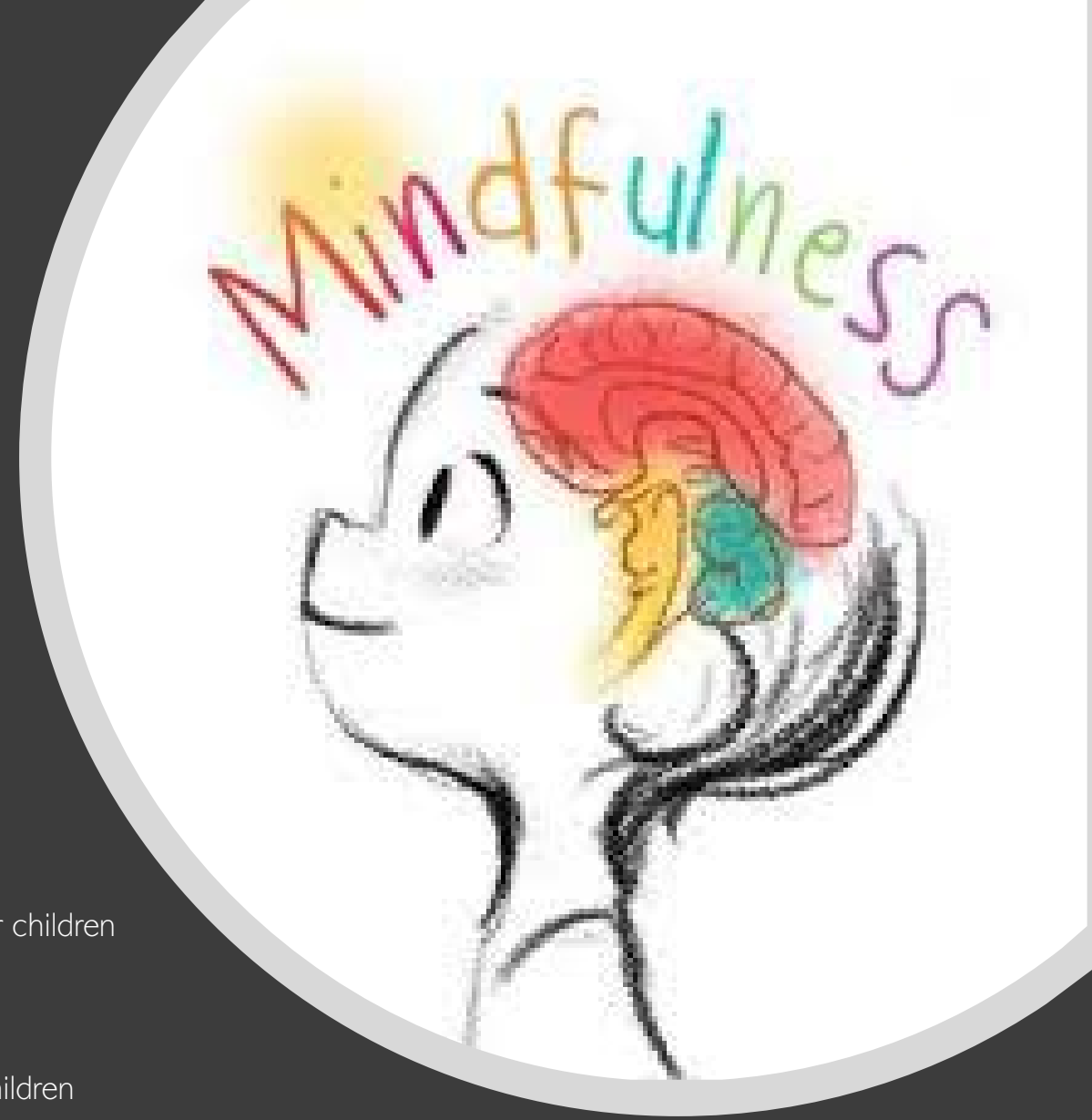
Participants in mindfulness programs note improvement in areas of attention, memory, emotional regulation, optimism, stress levels, and empathy.

## Benefits to children

- Unwind & to calm their busy minds
- Build concentration and focus
- Promotes self-confidence & positive self esteem
- Develop body and spatial awareness
- Build emotional literacy
- Learn how the brain works
- Understand & manage their thoughts and feelings
- Build resilience and self compassion
- Encourage self-calming and self-regulation
- Develop self-confidence & positive self esteem
- Cultivate kindness for themselves and others

### Classes includes:

- Mindfulness practices
- Simple relaxation exercises for children
- Calming activities
- Fun breathing exercises for children
- Gratitude practices
- Arts and Crafts





**An Roinn Oideachais  
agus Scileanna**  
Department of  
Education and Skills

# Circular No. 0042/2018

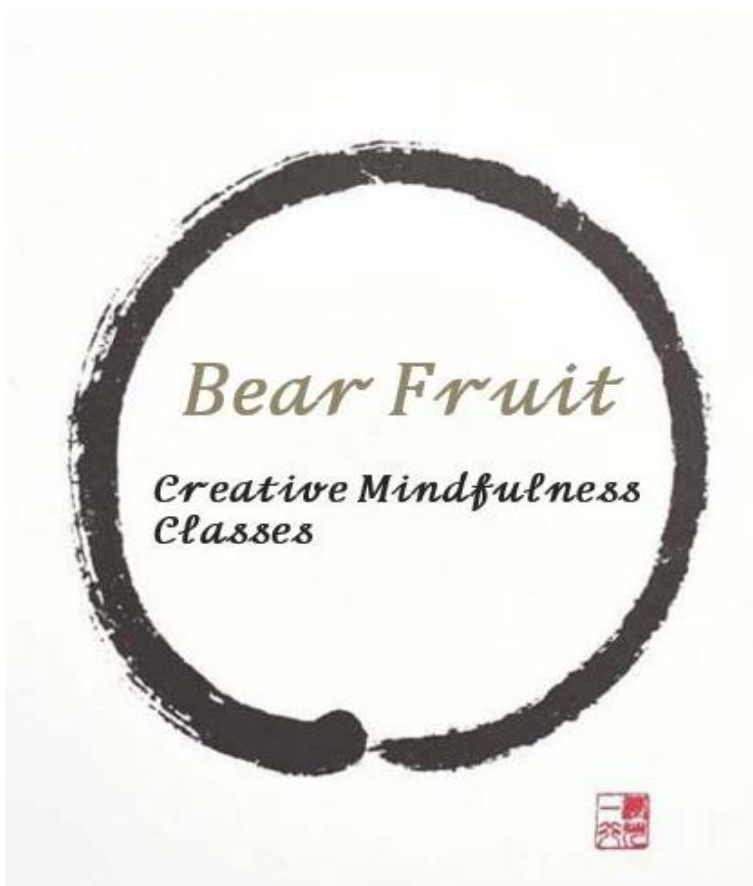
Requires that a Wellbeing Promotion Process is developed and implemented in all schools by 2023



The Mindful Heart Curriculum gives children the best opportunities to use their natural skills in mindfulness, to develop happiness, calm, focus and confidence.

The **Mindful Heart Curriculum** is Ireland's first mindfulness curriculum for Irish Primary Schools





# *Creative Mindfulness* Well Being Packages

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## Irish Primary Schools

10 week The Mindful Heart Curriculum Program I offer is linked with the SPHE Curriculum and is Ireland's first mindfulness curriculum for Irish Primary Schools.

## Workshops for Children

6 week block Creative mindfulness classes

## Individual Introductory/ Taster Class



# Details

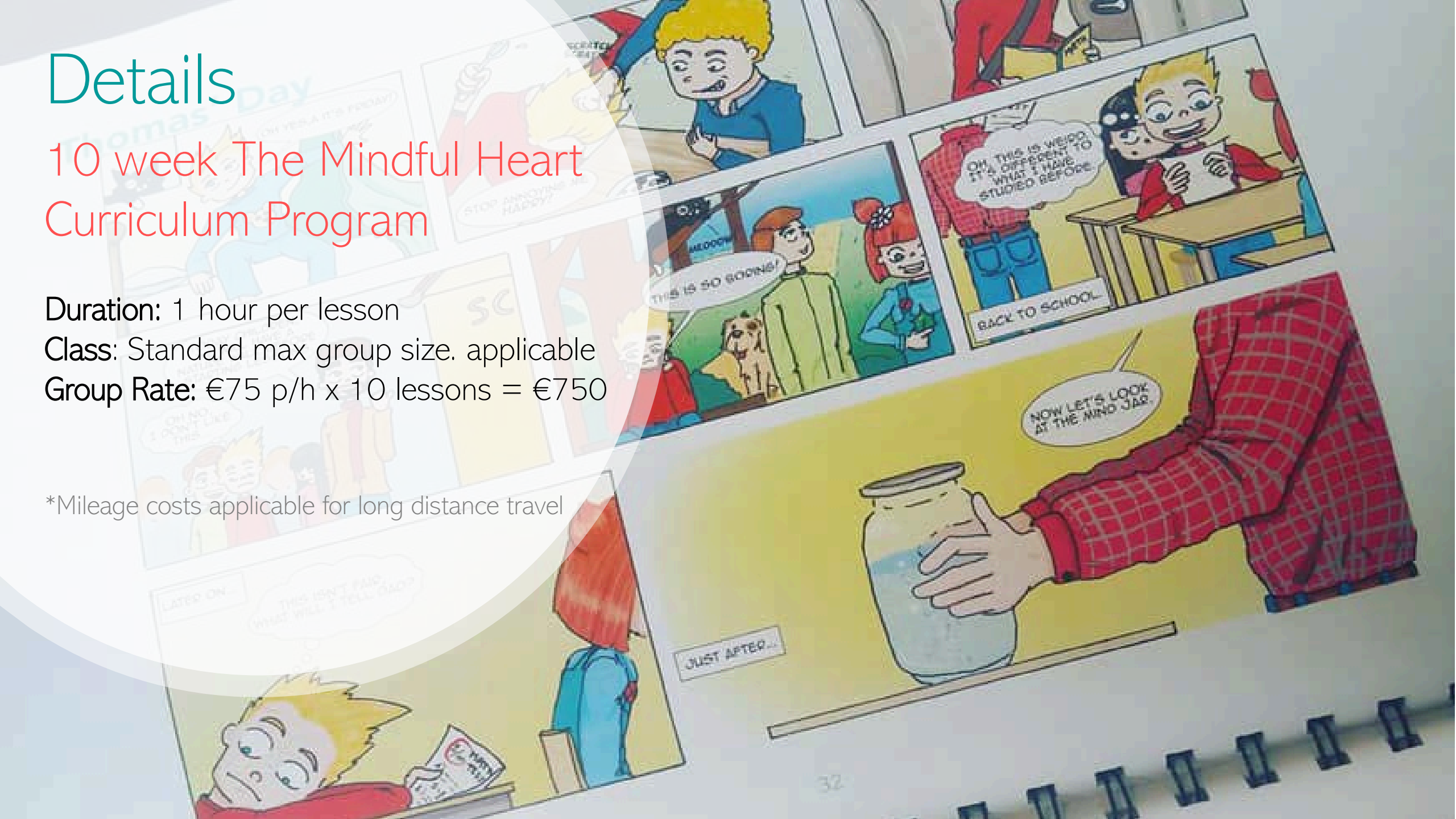
## 10 week The Mindful Heart Curriculum Program

Duration: 1 hour per lesson

Class: Standard max group size. applicable

Group Rate: €75 p/h x 10 lessons = €750

\*Mileage costs applicable for long distance travel



# Other Well Being Packages

- ❑ Individual Introductory/ Taster Class

Group Rate: €75 per hour

- ❑ 6 week block Creative mindfulness classes

Standard Individual Rate: €75 per student

Special Group Rate: €450 for 6 weeks

\*\*Standard min & max group size. of 10 applicable

\*Mileage costs applicable for long distance travel



**BOOK  
NOW!**

Mindfulness is a  
Superpower  
that **anyone** can have

## Sonia Millar

- B.A Sociology and Psychology
- Creative Mindfulness Children's Practitioner
- Accredited with the International Mindfulness and Meditation Alliance.

Thank you



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