

Beacon  
House

# THE STUDIO ONLINE



## MINDFUL BREATHING GAMES WITH MEL CAMPBELL £10 | ONLINE WORKSHOP | AVAILABLE NOW

### IDEAL FOR THOSE SUPPORTING A CHILD TO CALM THEIR FIGHT, FLIGHT, FREEZE, COLLAPSE RESPONSES

This fun and practical online workshop can be done with the child alongside so you can both learn how to breathe mindfully. Mel will take you through a variety of games that can be used inside and out, making it a valuable addition to those looking to teach children how to self regulate in different environments.

Mindful breathing can have a calming influence over the nervous system. By focussing and regulating the breath using the breathing exercises shown, increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system. This helps to promote a state of calmness over the body and mind, as you focus on your breath your thoughts settle down and your mind becomes calm and clear.

#### Who is this training for?

Anyone who is interested in how to support children. Suitable for all ages.

**Please note:** We work very hard to keep our parent/carer training and resources free or as low cost as possible and this is funded by our in house and online training. We ask that you respect this by keeping this online seminar for your sole use and not sharing it with others. If you wish to use this as team training, we are happy to organise a team license. Please email: [media@beaconhouse.org.uk](mailto:media@beaconhouse.org.uk) to request a price and invoice.

#### What's included

ONLINE PRACTICAL  
WORKSHOP DELIVERED  
BY MEL CAMPBELL,  
OCCUPATIONAL THERAPIST

Designed for you to watch  
in your own time and at  
your own pace

BREATHING  
RESOURCE PACK

New and exclusive only to  
the participants of  
this workshop

Buy online at [www.beaconhouse.org.uk/training](http://www.beaconhouse.org.uk/training)