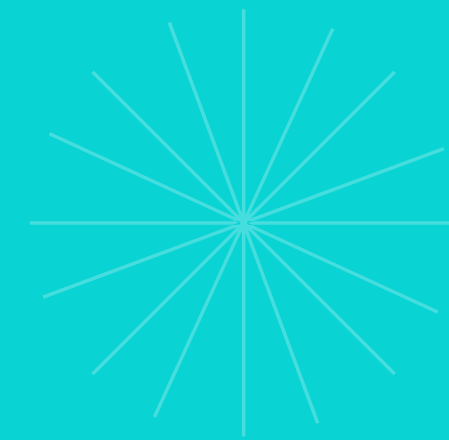


# HAPPY MIND HOLIDAY ADVENTURE FREE HOLIDAY ACTIVITIES



**Hello, I'm David**

Health and Well-being Coach.



**Hello, I'm Georgie**

Health and Well-being Coach.



## WHAT IS ON FOR KIDS ↓

**Cooking Fun:** Learn, cook and eat together with help from staff.

**Fitness Challenges:** Play, learn, win and get stronger together with help from staff.

**Dance Fitness:** Dance, learn, move, smile and get stronger together with help from staff.

**Sports & Teamwork:** Football, basketball, beachball and more team-building games.  
With help from staff.

**New life Skills:** Nurture creativity, problem-solving, and real-world readiness.  
With help from staff.

**Health and Well-being:** Engaging workshops to help kids understand how to stay healthy, active and happy

St Clare's Catholic Primary School  
Robert Road, Birmingham, B20 3RT  
DATE: 22/04/2025, 23/04/2025, 24/04/2025  
and 25/04/2025  
Time: 10 AM TO 2 PM

## Spaces are limited

Message me now to secure your spot!

David: 07528858535

