


# Welcome to heART!

**Are you ready to unleash your creativity and boost your well-being?**
**Our club offers a fun and supportive environment where children from reception to year 6 can explore the world of art while nurturing their mental and emotional health.**

**What We Offer:**

1. Creative Art Sessions: Get ready to dive into exciting art projects that encourage self-expression and imagination.
2. Mindfulness Activities: Learn simple techniques to calm your mind, reduce stress, and enhance focus.
3. Friendship and Fun: Make new friends and build confidence in a safe and inclusive space.

Join us @ **Priestmead Primary School**
Every **Wednesday** from **3.15pm - 4.30pm**