

'Imagining with Wonder' Wellbeing sessions

Our sessions can help children to...

Relax and
 reduces anxiety

National Institute of Health
www.nih.gov

Nurture and maintain
 personal relationships

James Honeycutt PHD, 2015.
 'Imagined Interactions'

Improve creativity
 and productivity

National Institute of Health
www.nih.gov

Boost creative
 thinking and academic
 achievements

Professor Daniel J Levitin 2015.
 'The Organised Mind'



Create new neural
 networks which
 impacts inspiration
 and innovation

www.mindfulnessinschools.org

Increase executive
 functions: a key
 predictor of
 academic success

(planning, attention, remembering
 instructions and multi-tasking)

www.mindfulnessinschools.org

Manage conflict

James Honeycutt PHD, 2015.
 'Imagined Interactions'

Improve attention
 and focus

www.mindfulnessinschools.org

Enhance health
 and wellbeing

Yoga Research Foundation
www.biharyoga.net



Compass Connections was founded in 2011 by teacher and former senior leader Maria Caneda, who has taught in Primary Education for over 25 years.

Maria is the Director of Learning and Wellbeing at Compass Connections. She leads 'Imagining with Wonder' children's sessions and the training to primary colleagues in-person or online. She continues to nourish her own wellbeing and is particularly inspired by nature connection practices.

For more information on the other services she offers to primary schools visit www.compassconnections.co.uk



- Nurturing children's wellbeing through imaginative and creative explorations -

To book, please e-mail louise.beardmore@newmiltontowncouncil.gov.uk