



# MINI MERMAIDS at HOME

Mini Mermaids at Home, for girls ages 7-11, offer an online experience that combines physical activity with mindfulness to strengthen girls' *self-confidence, self-esteem and self-compassion*.

From the safety of their own homes, girls join a secure online group, led by experienced coaches, where they try different types of physical activity, make new friends and share and process their thoughts and feelings.

## PROGRAMME ACTIVITIES:

Discussions, games and workouts and journal activities

## FORMAT:

Online, in small groups (10-12 girls)

## FREQUENCY:

Twice a week for 8 weeks

## REGISTRATION/QUESTIONS:

[khara@minimermaidrunningclub.org](mailto:khara@minimermaidrunningclub.org)



[www.minimermaiduk.com](http://www.minimermaiduk.com)