

Mindfulness in Nature Activity Days

This summer we will be running Mindfulness in Nature activity days for small groups of children; aimed at offering a safe nurturing space to promote creativity, play and self-awareness, ahead of them starting new school years in September. These days will be taking place in the outdoor grounds of The Sadie Centre, in Letchworth.

Spending time in nature is scientifically proven to reduce stress levels and improve focus & attention. This makes outdoor environments ideal for introducing and exploring simple mindfulness practices that can support children in managing stressful situations more calmly.

For children entering Year 4, 5 or 6 in September 2026:
Monday 24th August: 10am – 4pm



For children transitioning to Year 7 in September 2026:
Thursday 27th August: 10am – 4pm

Cost: £50 for the day

To book: Please call reception on 01462 678804

The Sadie Centre, Hitchin Road, Letchworth, SG6 3NA