

Isle Listen Summer Sessions Schedule



Session	Description	Year/Age Group	Date	Start Time	Finish Time	Location
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN!	Aged 6 - 11	Tue 2 Aug	10:00	11:30	Cronk y Berry Primary School
Get Creative Workshop: Journaling	Learn the benefits of journalling and create your very own wellbeing journal.	Aged 6 - 11	Thu 4 Aug	10:00	11:30	Ballacottier School
Get Creative Workshop: Journaling	Learn the benefits of journalling and create your very own wellbeing journal.	Aged 12 & Over	Thu 4 Aug	13:30	15:00	Ballacottier School
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN!	Aged 6 - 11	Tue 9 Aug	10:00	11:30	The Buchan School
Get Creative Workshop: Creating Self-Soothe Boxes	A self-soothe box is a box of things that help to ground or relax you. Together we'll make our own self-soothe boxes and learn about the benefits of self-regulation.	Aged 6 - 11	Thu 11 Aug	10:00	11:30	Isle Listen at Mill Court, Castletown
Get Creative Workshop: Creating Self-Soothe Boxes	A self-soothe box is a box of things that help to ground or relax you. Together we'll make our own self-soothe boxes and learn about the benefits of self-regulation.	Aged 12 & Over	Thu 11 Aug	13:30	15:00	Isle Listen at Mill Court, Castletown
Active Souls	Join us and Mikey from Active Souls for playground games with one objective - FUN!	Aged 6 - 11	Tue 16 Aug	10:00	11:30	QEII High School

Session	Description	Year/Age Group	Date	Start Time	Finish Time	Location
Get Creative Workshop: Clay Finger Labyrinths	A fun, messy activity in which you will create a miniature, portable labyrinth using clay and decorative materials. These can support relaxation and mindfulness, used to practise deep breathing and meditation, helping the mind to focus, de-stress and feel calm.	Aged 6 & Over	Thu 18 Aug	10:00	11:30	Jurby Community Hall
Get Creative Workshop: Self-Portraits	Every person is a little bit different. Make a self-portrait that represents you and all the things that are unique about you.	Aged 6 - 11	Thu 25 Aug	10:00	11:30	QEII High School
Get Creative Workshop: Self-Portraits	Every person is a little bit different. Make a self-portrait that represents you and all the things that are unique about you.	Aged 12 & Over	Thu 25 Aug	13:30	15:00	QEII High School
Dance with Sophie Linham	Join us and Sophie from the Isle of Man Arts Council, for some fun games and creative movement, to keep active and encourage creativity whilst helping to relieve daily pressures.	Aged 6 - 11	Tue 30 Aug	10:00	11:30	Kensington Arts
Dance with Sophie Linham	Join us and Sophie from the Isle of Man Arts Council, for some fun games and creative movement, to keep active and encourage creativity whilst helping to relieve daily pressures.	Aged 12 & Over	Tue 30 Aug	14:00	15:30	Kensington Arts

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