



Date: 3rd May 2024

Permission for your child to provide video feedback on our yoga and well-being sessions

Dear Parents of Y6 Children,

As you may be aware, the children in Y6 are currently taking part in Yoga & Well-being Sessions with us; Kids Love Yoga. The sessions focus on developing the children’s well-being through yoga & mindfulness, where we teach breathing techniques, yoga poses, the anatomy of the body in relation to well-being and relaxations. The sessions have been a huge success so far and the feedback we’ve received from the children has been wonderful!

Kids Love Yoga has recently created a Community Interest Company (CIC) called Shaping Healthy Minds Academy which aims to raise funds to deliver well-being sessions in schools across the country. We would like to ask for your support to raise the profile of yoga and well-being in schools. **We are looking for approximately 10 children who would be happy to provide video feedback on the sessions, which will then be used on our website and our social media platforms; Facebook, Instagram and X (formally Twitter).**

The children will be asked to provide 1-2 short sentences on how they feel the sessions went and what they enjoyed about practising with us. The videos will be launched on our new website in the coming months and parents will be sent a link (via email/phone) to the videos to approve them before publishing.

Please complete the attached permissions slip if you’re happy for your child to participate. Not every child who completes the permission form will participate, but these will be selected randomly by us and the Teachers.

Thank you for your support in raising the profile of yoga and well-being sessions in schools.

Jo Wharton, Kids Love Yoga.

I (parent/carer): _____ give permission for my child (name):

_____ to take part in filming his/her feedback on the yoga and wellbeing sessions. I understand that this video will be used on Kids Love Yoga/Shaping Healthy Mind’s Academy’s website and associated social media platforms. I also understand that my child’s first name and their school will be disclosed on these videos.

Parent’s email: _____

Parent’s phone number: _____

Sign (parent): _____