

What's Your **MOOD** **MAGIC?**

**Sunday 7th
October
10am to
2.30pm**

Join us for a dose of **Mood Magic** for
Mindfest's Family and Young People's Day!



play explore move sing relax

Natural painting circle and Forest school zone!

With Emily Gainsford & friends
10 - 14.30 everyone welcome!
Millennium Green

Story game fun!

With Rose Allwork
10.30 to 11.15 - parents & children
Limited places - pls book TIC
The Yurt - Millennium Green

Children's yoga!

With Sarah Higgins
10.30 to 11.15 for under 5s
11.30 to 12.15 for 11-16 yrs
13.00 to 13.45 for 6-10 yrs
Limited places - pls book TIC
The Tent - Millennium Green

Oops Wow Messy Me!

With Jo Burlington
10.00 to 12.00 for 6-10 yrs
Dress for mess!
Limited places - pls book TIC
The Town Hall

Creative movement & dance!

With Nikki Northover
14.00 to 14.45 for 4-7 yrs
Limited places - pls book TIC
The Bull Ballroom

A puppet tale!

With Raja Jarrah & Martin Maudsley
11.30 to 12.00 everyone welcome!
(limited space in the yurt if wet)
Millennium Green

Outdoor story-telling!

With the Flying Monkeys
12.15 to 13.00 everyone welcome!
Millennium Green

Singing for fun!

With Alex Green
13.00 to 13.45 - parents & children
Limited places - pls book TIC
The Yurt - Millennium Green

Dance walk!

With Anna Golding
13.45 to 14.15 everyone welcome!
Millennium Green



**Dress for the
Weather**



For more information: see
www.bridportmindfest.org/programme/the-young-peoples-day/

Tickets: from Bridport TIC
Bucky Doo Square 01308 424901
All activities FREE!

Made possible: by the community for the
community!

All donations gratefully received.

