



The Super Hero Project



An education project empowering children to take care of their wellbeing and live a happy life.

Who is the project for?

School Settings



- Whole classes alongside the class teacher.
- Small groups or 1:1 alongside a learning support assistant.
- A family alongside a member of school staff.

Home Settings



- A family of children and their care givers.

Stage not Age



- Any aged child or young person who is at a stage ready and open to learn a new approach.

Who would benefit?



- All children as part of a therapeutic approach to teaching behaviour.
- As well as children who:
 - experience anxiety, low self esteem, lack of confidence and resilience.
 - appear dysregulated, have unhelpful reactions and challenges to self regulate.
 - have learnt an unhelpful mindset and thought patterns.
 - lack concentration and focus.
 - find social time difficult to manage.
 - have lack of self awareness

What do we learn?

The project is split into five themes. Each theme is explored in two or three sessions.



What is learnt within each theme?

Children are given opportunities to:



Develop self awareness and metacognition



Learn 'coping' skills to build resilience



Apply knowledge and understanding to their own experience.



Experience a sense of calm



Build an increased ability to focus and concentrate



Develop self-regulation skills



Cultivate self acceptance, self esteem and confidence



Feel empowered to meet their full potential



Learn helpful ways to respond to emotions and thoughts

The project involves a partnership between Mindful Brain, the school or parent and child. With a regular practice and committed implementation of the learning, the impact of the above can be achieved.

How do the children learn this?

Each session encompasses learning knowledge, practising skills and developing understanding through:

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|--------------------------------------|---|------------------------------|
| MINDFULNESS TECHNIQUES | CONNECTION ACTIVITIES | CREATIVE ACTIVITIES |
| METACOGNITIVE & COGNITIVE ACTIVITIES | PROPRIOCEPTIVE, MOVEMENT AND 'TRE' ACTIVITIES | STORIES, VISUALS & ANALOGIES |

We draw on learning from education theories, basic neuroscience, cognitive behaviour therapy, neuro-linguistic programming, positive psychology, philosophy of yoga, PSHE, and Citizenship, meditation and mindfulness.

Duration



- The Project takes place over a term (12-15 weeks).
- Sessions are held once a week
- Sessions run for 50 minutes - 1 hour
- Follow up practice between the sessions is required.

What's included?



- Expert, specialist teaching at the agreed setting.
- CPD for teaching staff involved.
- Sessions tailored specifically to meet the needs of the child/ren.
- An overview of the project, to compliment your schemes of work
- Implementation support
 - Resource booklets:
 - Knowledge organisers for each theme.
 - 'Did You Know?' research facts.
 - Structured follow up practice instructions
 - Language and Phrase Guidance

We know schools are busy places so aim to make it as efficient as possible to take part in.

Commitment from the adult



- Active participation in the sessions
- Timetable in 10 minutes a day (5 minutes twice a day) to practise the technique and reflect on learning)

Recommendations:



Take a look at our Facebook and Instagram pages to see what others have said.



Investment



Interested in bringing the Super Hero Project to your school?

Drop us an email to share a little more about what you are looking for (whole class, 1:1 sessions etc) and we will send you a personalised proposal and quotation.



katie@mindfulbrain.co.uk

Have questions... feel free to arrange a call with us. ☎

What else is on offer?

Looking for a PE based project?



Find out about our Mindset Training Through Yoga Programme

Looking for Staff Training?



Take a look at our 'Big A' Anxiety Workshop.

Looking for workshops to compliment themed weeks or school projects?



Check out our Brainology Programme