



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.

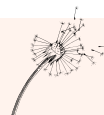


What is learnt within each theme?

Children are given opportunities to:



Develop self awareness and metacognition



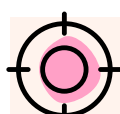
Learn 'coping' skills to build resilience



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 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:

MINDFULNESS TECHNIQUES	CONNECTION ACTIVITIES	CREATIVE ACTIVITIES
METACOGNITIVE & COGNITIVE ACTIVITIES	PROPRIOCEPTIVE, MOVEMENT AND T.R.E. 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 12 sessions.
- Sessions are usually held once a week
- Sessions run for 50 minutes - 1 hour
- Follow up practise between the sessions is required.

Commitment from the adult

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

What's included?

- Expert, specialist teaching at the agreed setting.
- Parent support for the parents taking part.
- Sessions tailored specifically to meet the needs of the child/ren.
- An overview of the learning in the project
- Implementation support
 - Resource booklets:
 - Key learning facts for each theme.
 - 'Did You Know?' research facts.
 - Structured follow up practise instructions
 - Language and Phrase Guidance

Recommendations: ★★★★★

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



Investment

Interested in supporting your family by taking part in the Super Hero Project?

£775 - includes valuable training and consistent support for the parent and child as well as guidance of home practice and implementation. (Speak to Katie if you would like two parents or more siblings to take part)

Additional payment of £22 per child for the Resource Kit.



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

What else is on offer?

Looking for Parent Training?



Ask about the 'Big A' Anxiety Workshop.

Looking for Parent Coaching?



Ask about The Art of Calm Parenting