

**About the author**

Richard Daniel Curtis is a behaviour expert with a difference – his background is in direct work with children. This gives Richard a unique insight into the stresses, strains and worries young people face. Far more importantly for your child, it means he knows what works and what doesn't.

Richard runs the multi-award winning teams, *The Root Of It*, signposting schools to independent special needs professionals, and *The Mentoring School*, including Learning Mentor courses for schools across the country. He has a Masters in Education, is a qualified teacher and is undertaking his PhD in Psychology at the University of Southampton. He is the author of 11 books, including two on children's mental health. Known as The Kid Calmer, he works with young people across the UK.



# Consciousness for Kids

Combining Meditation, Mindfulness and Gratitude with dance.

Take the next step, contact Richard on  
[richard@thekidcalmer.com](mailto:richard@thekidcalmer.com) or on 02381 120010

<http://www.thekidcalmer.com/consciousness-primary/>



# Combining physical and mental wellbeing activities into Physical Education lessons

## THE FIVE STAGES

SETTLING	STOPPING	FOCUSSING	REINVIGORATING	GRATITUDE
<p>The session begins with fast-paced music, slowing down over several minutes to bring the mind and body down to a relaxed state.</p> <p>The age-appropriate voice-over on the streamed sessions helps children to move their bodies as they reflect on the things they have been doing that day and to let the stresses and strains go. As the music slows, the tones become softer in preparation for the next stage of the session.</p>	<p>Following this, the streamed session will guide children in a short period (adjusted for their age) of breathing exercises and Meditation.</p> <p>This allows the children to just stop and be still, something they may not be used to at first.</p>	<p>The third stage of the session moves onto some guided Mindfulness activities.</p> <p>It might be studying some colours on some scarves, watching bubbles float around the room or even looking at their own or another's face in fine detail.</p>	<p>Moving towards the end of the physical session, the pace moves up again as the children are encouraged to free-form their own dance.</p> <p>This part of the session is designed to get the blood flowing, their muscles moving and their hearts pumping as they feel energised by the prior relaxation.</p>	<p>Once the children go back to their classroom and get changed from their PE lesson, the final stage is to record what they are grateful for.</p> <p>Depending on their age, the session stream will give the children some direction. It might be they have to write smells they are thankful for, experiences or may even be related to the session they have just done.</p>

## BENEFITS

Meditation, Mindfulness and Gratitude are shown to help people develop:

- Increased academic performance,
- Increased attendance,
- Better emotional self-regulation,
- Less stress,
- More acceptance of social difficulties
- More forgiveness,
- More generosity,
- Greater joy and pleasure in activities,
- Closer to friends and family,
- Improved ability to cope with life challenges.



## What is Consciousness?

Never has there been such an important time for our children to be considering both their physical and mental wellbeing. With statistics showing that between 10 and 20 percent of them are experiencing mental health problems at any time, it's vital that we help them recognise how to maintain a healthy physical and mental lifestyle.

Consciousness is a combination of Mindfulness Meditation and Gratitude set to music, it has some really powerful results. It involves calming down from the usual stresses and emotions we experience in our daily lives, focusing on calmness and stillness, before bouncing back up with invigoration to restore people before the end of the

session, finally finishing with the recording of Gratitude.

## About Consciousness for Kids

In these sessions, which are ideal for the PE & Sports Premium, these mental wellbeing tools and combined with dance to give children in primary schools healthy physical and cognitive exercise.

The programme involves training your staff to deliver these 30-40 minute sessions and providing them with the programme handbook.

Sessions themselves are streamed from our website, so all your staff need to do is focus on facilitating the session and then helping children to complete their Gratitude Journals when they are changed from PE.

# Consciousness for Kids

Combining Meditation, Mindfulness and Gratitude with dance.

## SIMPLE PRICING

Initial training—per staff member  
**£100**

Either central courses or for more than eight staff we can deliver this on-site, includes Programme Handbook.

Price per class per year  
**£250**

**£200 for bookings before September 2018**

Includes streamed sessions, Gratitude Journals, on-going support and updates. Mindfulness activities will require resources commonly found in primary schools.

Prices exclude VAT

