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**COVER**

**PEACEFUL KIDS PROGRAMS**

**MINDFULNESS AND POSITIVE PSYCHOLOGY PROGRAMS FOR CHILDREN**

**IMAGE**

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**PAGE ONE Mental Health Matters**

Mindfulness has great potential as a key strategy for positively impacting on the mental and emotional wellbeing of children and young people. Research has shown that the potential benefits of mindfulness for children include reduction in stress, and anxiety symptoms, increases in calmness, self-esteem, self-acceptance, self-regulation and improved sleep quality.

Mental Illness is a major concern facing all Australians with almost one in seven 4-17 year-olds having a mental disorder in the previous 12 months. Furthermore, the recent pandemic added another complex array of factors such as uncertainty, social isolation, and parental angst. All which have an impact on the mental health of children and adolescents.

One in five adults will experience a 12-month mental disorder during their lifetime, with over two in five people facing some sort of mental health issue at some stage over their lifetime. Mental health is an essential part of children’s overall health and wellbeing. It has a multifaceted relationship with their physical health and their ability to succeed in school, at work and in society. As such the emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy and adjusted adults.

With its focus on paying attention to the present moment, Mindfulness has beneficial effects on the emotional wellbeing, mental health, ability to learn and the physical health of children. Mindfulness training is one effective and cost-efficient way to promote healthy brain development and function, and foster stress resilience.

# Page three Introduction to Mindfulness

Jon Kabat-Zinn (2003) describes Mindfulness as a way of ‘paying attention in a particular way; on purpose, in the present moment, and non-judgementally’. Mindfulness can be explained by giving moment to moment awareness of one’s experience without judgment. Mindfulness is not about trying to relax or to achieve a particular outcome through the process. It is the ability to be fully present without being ‘caught up’ in our thoughts. Children of all ages can benefit from Mindfulness, the simple practice of bringing a gentle accepting attitude to the present moment.

**For children, Mindfulness is an excellent way to provide experiences that enhance their emotional intelligence including:**

* Self-regulation
* Impulse control
* Understanding their emotions
* Controlling their emotions
* Building awareness of themselves as a whole person

**The benefits of regular Mindfulness include:**

* Keeping calm
* Reducing stress
* Being less reactive
* More resilience to life’s inevitable difficulties
* Increased focused and attention & ability to learn
* Increased concentration and memory
* A decrease in anxiety
* Decrease in worrying thoughts
* A renewed energy
* Reservoir of strength and resilience
* Improved sleep
* Allows compassion & empathy to grow.

It has been proved that even just a few minutes of Mindfulness a day has enormous benefits and helps children to focus and bring full attention to their tasks.

# Page four - Mindfulness Program for Individuals, Schools and Community Groups

# The modern world seems to be literally and metaphorically 'driving us to distraction' more than at any other time in history. This is contributed to by its faster pace, the overuse of technology and the unquestioning adoption of multitasking. Among other problems, poor attention is associated with impaired learning, memory, emotional development and empathy. Amidst this are also rising rates of poor mental health, stress, poor self-esteem and ADHD among children and adolescents. To prevent and manage problems such as these we need to address the root causes of the problem. This is where Mindfulness comes in.  There is an enormous need for children to develop the skills they will need to cope with the modern world including learning to manage attention and developing skills in stress management, compassion and resilience.

**Dr Craig Hassed MBBS, FRACGP**

**Senior Lecturer, Monash University, Department of General Practice**

**Coordinator of Mindfulness programs at Monash University**

**Founding president of the Australian Teachers of Meditation Association**

By teaching Mindfulness to kids, we can provide them with the tools they need to build confidence, cope with stress, and relate to uncomfortable or challenging moments.

At Mayhem to Mindful we facilitate the Peaceful Kids Mindfulness and Positive Psychology programs developed by Georgina Manning, the Director of Wellbeing for Kids. The Peaceful Kids programs aim to lessen anxiety and stress and increase resilience in children from Prep to Year 12.

This program helps children to build their emotional resilience and equip them to deal with the day-to-day stresses that life brings them. Peaceful Kids is based on evidence-based therapy and research from the Mindfulness Based Stress Reduction Program (MBSR), Mindfulness-integrated Cognitive Behaviour Therapy (MiBCT), Positive Psychology and Acceptance and Commitment Therapy.

Peaceful Kids is endorsed by **‘Beyond Blue – Be You’** as a recognised evidence-based program for schools.

## **Page five - Programs**

## **Peaceful Kids - 8-week Intervention Program**

During this 8-week program we work with children in groups of 4-6 who may be feeling anxious, stressed or who are poor in resilience, in 60-minute lessons. Every session includes a mindfulness and positive psychology techniques and strategies, craft and/or movement and ends with a guided Mindfulness practice.

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| **Week 1** | **Introduction to Mindfulness** |
| **Week 2** | **Worry & Mindfulness** |
| **Week 3** | **The body, brain and worrying** |
| **Week 4** | **Journaling and worry time** |
| **Week 5** | **Practical & expressive coping strategies** |
| **Week 6** | **Noticing thoughts and positive thoughts** |
| **Week 7** | **3 great things, PEACE cards** |
| **Week 8** | **Warm & Fuzzy Book and strategies for home** |

**Peaceful Kids Pre-school, Kindy/Prep and Year 1**

The 5-week mindfulness program consists of 45-minute weekly lessons Preschoolers, Kindy/Prep and Year 1 students. Groups of up to 6 children (can also be one-on-one) learn essential mindfulness skills to improve attention, reduce stress, and improve emotional intelligence. Every session includes a range of mindfulness strategies, breathing exercises, craft, story time and meditation to assist children with a range of tools that can help them manage worries in their day to day lives.

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| **Week 1** | **Introduction to Feelings and The Breath** |
| **Week 2** | **Mindful** **Belly Breathing** |
| **Week 3** | **Worry and The Body** |
| **Week 4** | **Breathing Buddies** |
| **Week 5** | **Practical & expressive coping strategies** |

## Logo Description automatically generated with medium confidence**Page six programs**

## **Peaceful Kids Chill Out Sessions**

The 10-week Chill Out Kids program is made up of 45 min to 1-hour weekly sessions, delivered to a small group or classroom of children. Children learn essential mindfulness skills to reduce stress, improve attention and improve emotional intelligence. Every session includes a range of mindfulness techniques and strategies, craft, book or mindfulness movement and a guided meditation.

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| **Week 1** | **Introduction to Mindfulness** |
| **Week 2** | **How Mindfulness helps our brain** |
| **Week 3** | **Plant metaphor – healthy minds, healthy bodies** |
| **Week 4** | **Being present** |
| **Week 5** | **Training our attention** |
| **Week 6** | **Body sensations – stressed vs calm** |
| **Week 7** | **Noticing thoughts and feelings** |
| **Week 8** | **Mindfulness of our bodies and emotions** |
| **Week 9** | **Mindful Belly Breathing** |
| **Week 10** | **Gratitude** |

## Logo Description automatically generated with medium confidence**One-on-one Peaceful Kids Chill Out Sessions**

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The 5-week Chill Out Kids program is designed to be delivered with individual children in weekly 1-hour sessions. Children learn essential mindfulness skills to reduce stress, improve attention and improve emotional intelligence. Every session includes a range of mindfulness and positive psychology strategies, craft, book or mindfulness movement and a guided meditation. These sessions can be tailored to the specific needs of the child.

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| **Week 1** | **Introduction to Mindfulness**  **How Mindfulness help our brain** |
| **Week 2** | **Plant metaphor – healthy minds, healthy bodies**  **Being present** |
| **Week 3** | **Training our attention**  **Body sensations – stressed vs calm** |
| **Week 4** | **Noticing thoughts and feelings**  **Mindfulness of our bodies and emotions** |
| **Week 5** | **Mindful Belly Breathing**  **Gratitude** |

**Page seven - Pricing**

**Group Fees**

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| --- | --- | --- | --- |
| . Program | Group size | Group CostSchool Pays | Per ChildFamily Pays |
| Peaceful Kids Program8 Week intervention program | Max. 6 children | $1600 | $290 |
| Peaceful Kids Kindy/Year 1 ProgramPeaceful Kids Pre-schooler Program5 Week mindfulness program | Max. 6 children | $750 | $170 |
| Chill Out Kids10 Week mindfulness program | Max. 12 children | $1700 | $200 |
| Chill Out Kids10 Week mindfulness program | Classroom Size | $2000 | n/a |

Group Cost - pay per program not per child. School or group engages Mayhem to Mindful and usually manages registration and logistics.

Per Child – Cost is paid per child and covered by child’s family. This model includes marketing of program (with school assistance), registration of students, enrolment process, and direct payment as well as all weekly communication with parents.

Fees include all learning resources and program materials. Room is provided by school or community group.

**One-on-One Fees**

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| . Program | Group size | Cost |
| Chill Out Kids5 Week mindfulness program | Individual | $550 |
| Peaceful Kids Program8 Week intervention program | Individual | $880 |
| Peaceful Kids Kindy/Year 1 Program5 Week mindfulness program | Individual | $550 |

Plan or Self-managed NDIS is accepted. *All prices are GST inclusive.*

# Page eight - Mayhem to Mindful

Mayhem to Mindful Pty Ltd is a mindfulness and wellbeing business that helps children and parents embrace a calm and mindful life through ‘positive psychology’ educational programs and wellness coaching. Mayhem to Mindful is an approved Department of Education vendor.

The Founder, Kasey Hughes, holds the following qualifications, certification, and insurances.

* Bachelor of Education
* Diploma of Holistic Wellness Coaching
* Diploma of Counselling (currently undertaking)
* [Certificate in Mindfulness & Wellbeing for Children](https://www.peacefulkids.com.au/certificate-program.html#:~:text=The%20%E2%80%98Certificate%20in%20Mindfulness%20and%20Wellbeing%20For%20Children%E2%80%99,that%20can%20be%20completed%20at%20your%20own%20pace.)
* Peaceful Kids Facilitator Training
* Peaceful Parents Facilitator Training
* First Aid Certificate – Education and Care Settings
* Yoga Nidra Teacher Training
* Working with Children Check NSW
* Working with Children Blue Card QLD
* Public Liability Insurance
* Professional Indemnity Insurance

Kasey is fiercely passionate about preventative mental health strategies and emotional wellbeing for children and their parents.

She is a huge advocate for teaching our kids mindfulness and coping strategies to build resilience. And believes the earlier we start this, the more positive effect it has on how our kids cope with life’s stresses as they grow.

As a mum to 3 boys, aged 12, 8 and 6, the growing mental health epidemic in our children and adolescents alarms her. It is one of the main driving forces of Mayhem to Mindful with a mission to stand up and make a difference. To be proactive - for all of our children, because every child deserves the right to a brighter future.

Testimonials to choose from (part of) throughout the brochure.

My children, 9 & 8, have recently completed the 8-week Peaceful Kids program with Kasey. I instantly noticed a positive change with how the kids dealt with their emotions. I have had teachers from their school ask about the program as my son (9yrs) is talking about the techniques with his teachers. I cannot thank Kasey enough for bringing such an incredible and much needed program to the area. Thank you for taking the time to understand children of this generation's emotional needs. - Lily

My 7 year old attended the 8-week Peaceful Kids program and absolutely loved it. Kasey is very nurturing and understanding. I highly recommend this program. My son has taken a lot from the program and practices strategies when he needs. Thanks Kasey. – Megan

I thought the Peaceful Kids program taught me how to calm myself down when I’m anxious or worried about something. Kasey was easy to talk to and made the activities really fun. – Pearl, 10 years

My daughter looked forward to attending the Peaceful Kids sessions each week with Kasey. She would come home excitedly talking about what she they had done and the mindfulness activity for the week. The activities were enjoyable to do together. As a parent it is nice to see her put the skills she has learnt through the Peaceful Kids program into practise. Thank you Kasey. – Holli

We got to do fun things and I made new friends. I learnt to talk about my emotions and how to let them out. I loved how I learnt to breathe through my feelings. – Aston, 9 years

I learnt how to de-stress my emotions. I also learnt to say my emotions and Kasey taught me what they meant. I loved it! Mila, 8 years

My daughter has just finished the kindy and year one course and she loved it. She looked forward to going each week and was so proud to share with us the things she learnt. She has already been using the techniques to help deal with some big emotions and I wouldn’t hesitate in recommending the Mayhem to Mindful courses. – Adele

My son attended Kasey’s Peaceful Kids program this term can highly recommend Kasey. My son was very nervous about attending but with the small class numbers and Kasey being so welcoming and kind he enjoyed attending each week. – Hayley

I really enjoyed the belly breathing it helped me to relax. I’m going to miss seeing Kasey on a Wednesday. – Charles, 9 years

My daughter loved and looked forward to her classes each week. She has just finished the Peaceful Kids Program and has benefited so much. Kasey creates such a safe and supportive environment for the kids to share their experiences and make some special friendships. We couldn’t recommend Kasey’s classes enough. – Bec

I thought the Chill Out sessions were a great place to make new friends and learn. Thank you Kasey, miss you. **- Mason, 9 years**

I could not recommend Kasey and this program any higher. Both of my daughters have loved every second of their experiences this term. Thanks so much Kasey we will definitely be back. ***-* Tennille**

Kasey is a wonderful guide and mentor. She has taught my daughter lifelong skills to help deal with her worry and stress. I feel this will help her immensely with the transition to school next year and I can’t thankyou enough. Highly recommend! ***–* Michelle**

I have loved going to the program every week, learning about mindfulness has helped me to stay calm when I get worried and nervous. The activities have been great and made the sessions so much fun. Kasey is a great teacher; I will miss going to the sessions. ***-* Kyah, 8 years**

Thank you so much Kasey! We appreciate everything you do for both our girls! – Bec

My son really enjoyed Kasey's program to help him get ready for 'big school' next year. He shows us his breathing techniques & says 'this will help me if I'm ever nervous or worried'. It's fantastic he has learnt these tools at such a young age. Thanks again Kasey. ***–* Mia**

I thought the Chill Out sessions were a great place to make new friends and learn. Thank you Kasey, miss you. ***-* Mason, 9 years**

I can recommend this course with an exceptional outcome. Very grateful for the positive encouragement given and in a way that was understood and made fun. Thanks. – Parent