

Imagine if ...

... just a few conscious minutes of our school day could help to create a generation of children who are connected to both their minds and their bodies. Who are self-aware and can not only recognise but regulate their emotions in a healthy way.

... just a few minutes in each day could help a child to make more thoughtful choices, grow compassion and kindness towards themselves and other people, develop resilience, and grow respect and celebrate the differences between each other.

Connect & Grow© has been created to cultivate just that. We understand how busy the school day can be and how much preparation is already required from teachers. With that in mind, the programme has been created to ensure there is virtually no preparation needed to use Connect & Grow© with your class.



What's included?

- 1 x versatile puzzle board (per class)
- 1 x themed puzzle per term (per class)
- 1 x resource booklet per theme (per class)
- 1 x storage bag
- Optional parental/carer engagement pack which includes: a mindful mascot and an activities pack for the children to explore and complete with their parent/carer. The idea is the children will take turns each week to take the pack home.
- Optional training session(s) for school staff.

Programme packages will be tailored to suit schools needs and requirements. Contact Kelly for further information and pricing/ package options.



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BEYOU MINDFULNESS

Brought to life for Kelly by Alison at Limelite Creative
www.limelitecreative.co.uk

Introducing



Connect & Grow

A unique, engaging and flexible programme for schools to enhance children's wellbeing and develop those all important social and emotional skills.

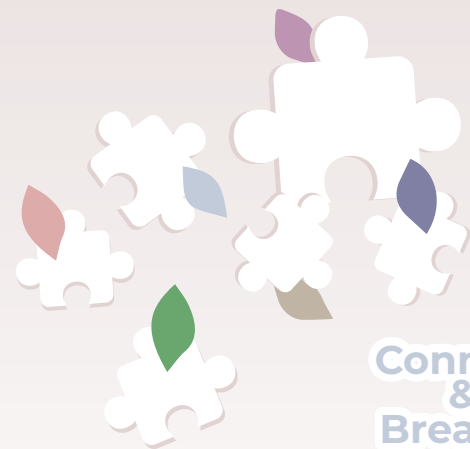
Each term the children will **Connect & Grow**© with a fantastic adventure of imagination and curiosity as they build and connect the puzzle completing the mindful activities, revealing a picture full of imagination and filled with hidden elements to explore.



Allowing the space for children to connect the pieces of mind and body and grow to become the best they can be.

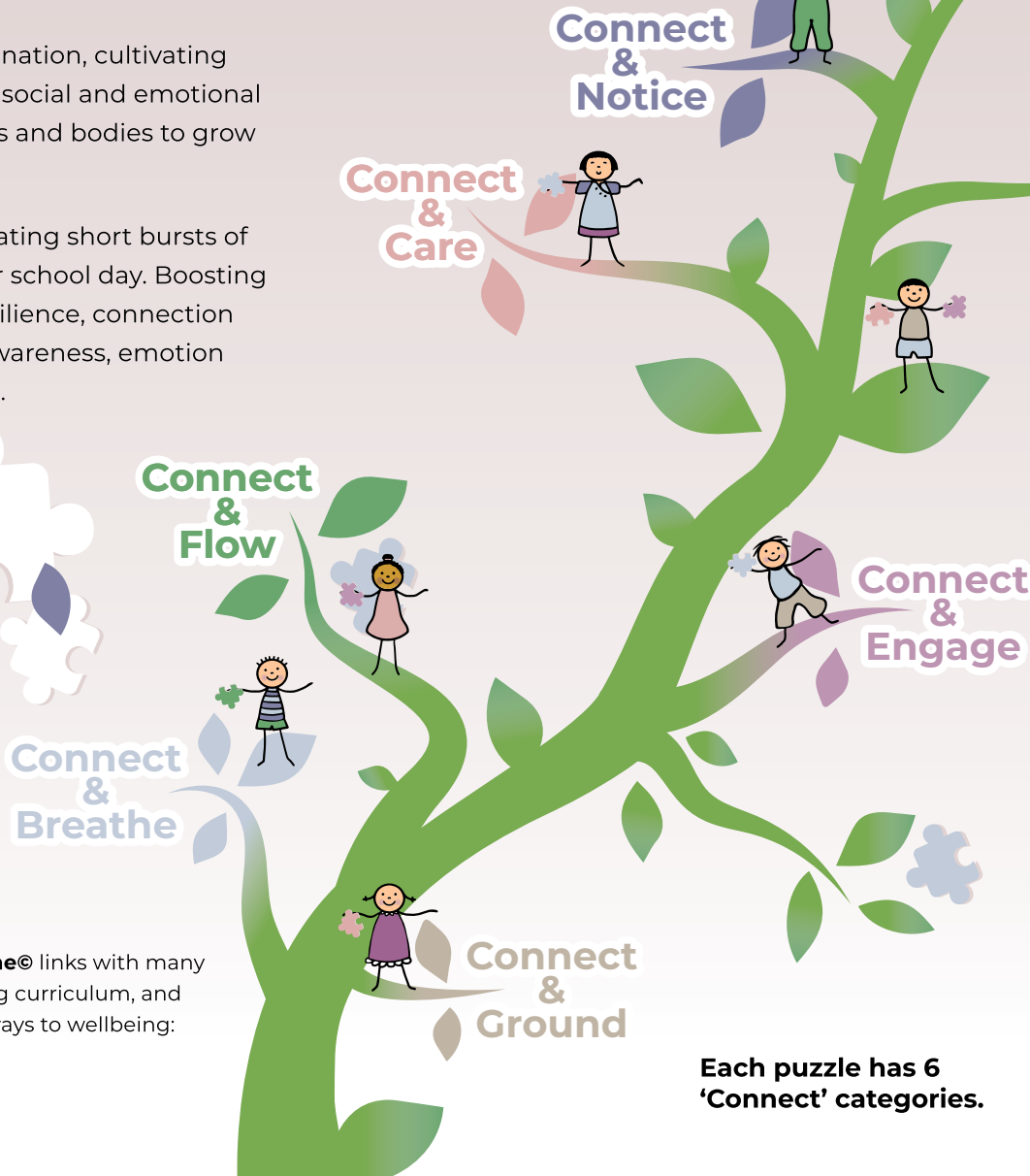
Planting the seeds of imagination, cultivating curiosity, learning essential social and emotional skills and connecting minds and bodies to grow and enhance wellbeing.

Achieved through incorporating short bursts of mindfulness activity to your school day. Boosting learning, concentration, resilience, connection with peers, relationships, awareness, emotion regulation plus much more.



The **Connect & Grow programme**® links with many areas of the health and wellbeing curriculum, and aligns with and supports the 5 ways to wellbeing:

- | | |
|-------------|-----------|
| Take Notice | Connect |
| Learn | Be Active |
| Give | |



We aim to engage little minds through a journey of imagination and curiosity, where we learn essential social and emotional skills to enhance wellbeing.

The vision is to not only enhance the wellbeing of our children but to ensure they themselves can lead (with a little help) and really enjoy doing the activities.

The programme has been set up to be engaging, accessible, purposeful, sustainable, easy to implement and predominantly child led.

The activities are simple, fun, engaging and don't take up a lot of time.

One of the fundamental goals when creating this programme was to ensure a full hands-on experience for the children. Bringing the essence of what we believe is paramount to our health and wellbeing, connection with ourselves and others, communication, curiosity and imagination creating a full sensory experience with each puzzle.

