

HMHB Kids Programs

Creating a revolutionary culture of health for our kids by helping kids help THEMSELVES.

Health starts from within.

The root cause of all suffering and problems in our society, and in our individual health, are negative emotions.

Healthy Minds, Healthy Bodies Kids Program® is the youth division of Adventures In Consciousness™ nonprofit. HMHB uses a workbook, hand outs, our own children's books, simple flashcards for character education & relationship building, weekly "adventures" in developing positive character qualities & compassionate leadership, a trained group leader (any adult that wants to learn), and online video tutorials to teach kids, families, groups and schools simple, yet powerful tools for focusing, calming the mind, erasing negative emotions (really!), and harnessing the real-life super power of self-awareness.

Our tools come from ancient wisdom teachings as well as modern day discoveries. They can be used in all religions or no religion. HMHB is not a belief system. Our practices allow each child to directly experience an adventure in their own consciousness, or as our mascot Zen Frog says, a journey into your own inner space.

HMHB is the full enchilada of wellness curriculums! The application and benefit of our programs surpass any one method, such as traditional "mindfulness" models, traditional character education models, TM (Transcendental Meditation), Hatha Yoga, Law of Attraction, Social Emotional Learning (SEL), or Positive Psychology. Not only are we teaching meditation, self-awareness, character education, and how to get along with others, we are teaching powerful tools anyone can use to truly erase negative emotions, including how to do it with the power of attention, which is unheard of to most people.

Our programs reach ages 2 -18. HMHB Zen Tots™ is for ages 2-4, HMHB Kids Program for ages 5-12 (with our ZEN FROG BOOK SERIES aiding ages 5-9) and HMHB Teen CLUB ZEN™, for teens. We have parent workshops built-in to our programs, and a student ambassador program to help kids become the compassionate leaders of tomorrow. HMHB teachers provide support every week of our full programs to group leaders too! (See *WHY HMHB?* page on our web site for more on what sets us apart from the rest.)

1

DAILY PRACTICE

Experience CALM and SELF-AWARENESS in meditation and during the day.

2

FACE IT & ERASE IT

See NEGATIVE EMOTIONS inside and erase them (permanently, it's true!)

3

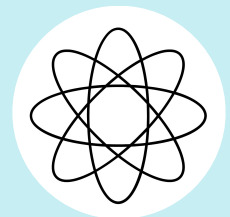
ADVENTURES

HMHB has powerful weekly stories, videos, ideas, practices, and activities.



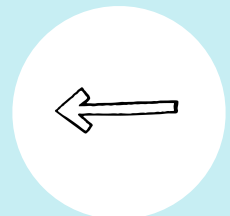
THE PLAY.

Self-awareness extends into everything we do, even during play!



THE PRINCIPAL.

Thoughts, words, and actions are all energy and can be changed.



THE PRACTICE.

The Healthy Minds, Healthy Bodies transformation trifecta.

OUR TOOLS OF THE TRADE

Learn the what and how of each component of our programs, and how they create an unmatched learning experience.

Each program has been hand-crafted for each age group!

HMHB programs reach ages 2 -18. **HMHB Zen Tots**™ is for ages 2-4, **HMHB Kids Program** is for ages 5-12 (with our ZEN FROG BOOK SERIES aiding ages 5-9) and **HMHB Teen CLUB ZEN**™, for teens. We also have a **Teaching Certification Program** for grown ups who want to become HMHB teachers anywhere in the world. Learn more about the teachings, structure, and tools of each program.

ZEN TOTS



Teachings: uses color therapy, identification of feelings (with little zen frog), techniques for calming & focusing the mind, connectedness to nature, and songs, puppets, & games for fostering memory & physical awareness.

Tools: 10 lessons complete with teaching videos (songs, dances, practices), a teaching poster for each lesson, a parent page (the how & why of using the tools), & a coloring page for tots.

HMHB KIDS



Teachings: uses an audio daily meditation (breath, connection, awareness) & the face it & erase it tools (energy psychology, pressure points, eye movement, advanced awareness) & character education.

Tools: 10 week comprehensive workbook with readings, stories, teaching videos, flash cards, handouts, & weekly experiential "adventures." Zen Frog book series for K-4, accompanying group leader guide, parent workshop.

TEEN CLUB ZEN



Teachings: uses a before or after school club structure, with audio daily practice, teaching videos for face it & erase it tools, & 15 "talk videos" on different subjects for teens and how to help themselves handle each subject with their tools.

Tools: Videos address subjects based upon teen surveys answering "the top 10 things that stress teens out" & "the top 5 mistakes teens make." Mobile-based group support, parent workshop.

TEACHING



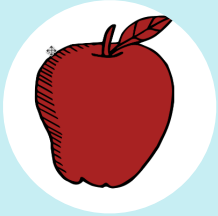
Teachings: uses the full enchilada of Adventures In Consciousness tools, & specialization based upon individual background & teaching intentions.

Tools: After an individual has been a group leader in a full program, one year program w/ training online (teaching videos, documents), video chat one-on-one's, & an in-person one-day intensive. Certification allows teacher to be online freelance teacher of HMHB.

SCHOOL FACTS

Evidence shows meditation and wellness practices in schools are At —though HMHB goes beyond mindfulness!

ACADEMICS



2013 study found mindfulness training boosted verbal GRE scores by 60 points.

41% of meditating middle schoolers gained at least one level in math on a state standardized test. The mindful group had 15% higher math scores than their peers.

Students in grades 1-7 practicing meditation improved scores on attention-skills test.

DISCIPLINE



High schools practicing daily focus meditation had 25% fewer absences, 38% fewer suspensions, and 50% fewer rule infractions.

Graduation rates were 15% higher in high schools that practiced (TM) meditation.

In the HMHB pilot school, all teachers reported better focus, self-control, and peace following daily meditation practice.

MENTAL HEALTH



Just 9 lessons of mindfulness lowered stress and depression in British kids ages 12-16.

Just 8 weeks of mindfulness & yoga resulted in fewer ADHA symptoms—with effects lasting months after programming ended.

In HMHB pilot school, 29 out of 29 students using SLT® said their targeted negative feeling was erased.

COMMUNITY



As of 2013, 91 schools were using meditation in 13 states. Leading the charge were CA (41), PA (34), & VT (5).

Light practice with kids & EFT were featured on OPRAH for healing negativity. In 2016 'tapping' was shown on Dr. OZ for erasing stress. Over 5 million people a month search online for "EFT Tapping" and related terms.

HMHB KIDS TALK:

"I was sad before we practiced and now I feel so happy in my heart, and my whole body feels happy now too!" Nina, 5



"These tools work. I've been using SLT and Light Meditation and my mom asked me why I was acting so different." Nicolas, 10

For testimonials videos of HMHB kids, parents & teachers see:

www.HMHBkidsprogram.org/testimonials

Resources:

Developmental Psychology; Education; Journal of Positive Psychology; David Lynch Foundation; British Journal of Psychiatry; Journal of Child and Family Studies, EFTUniverse.com, : The Teachers' Rating Scale of Social Competence by Schonert-Reichl & Lawlor 2010

GETTING STARTED

Whether you're an individual, pre-schooler, K-12 school, group, or family, HMHB has the program for you!

Change doesn't have to be complicated, just begin.

The first step is to have someone become a group leader. See the **Become A Group Leader** page on our web site for more details. (www.HMHBKidsProgram.org.) An adult or teen (aged 14 and up) needs to complete the HMHB **Free Foundations Program** (a 2-3 week commitment) found on our web site. A group leader then fills out the group leader intake form, participates in a background check, and once cleared, a meeting is scheduled with HMHB. A prospective group leader will demonstrate their ability to speak on the HMHB foundational tools. HMHB gives the group leader feedback, answers questions, and helps guide them to choose the best program for their school, group, or club. You can also have a certified HMHB teacher be your group leader. Either way, a certified HMHB teacher will be available to you for help. For individuals, or single families wanting to do the full program, contact: hmhbprogram@gmail.com for special pricing. Call 805.628.9211 for more information.

SCHOOL



PRE-SCHOOL

Zen Tots is ideal for ages 2-4.

ELEMENTARY

HMHB Kids Program is ideal for grades K-6. Along with the ZEN FROG BOOK SERIES, younger students grasp HMHB teachings.

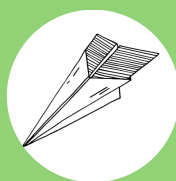
JUNIOR HIGH

HMHB Club Zen or HMHB Kids Program can suit this age group, depending on maturity level.

HIGH SCHOOL

HMHB Club Zen is geared for teens.

AFTER-SCHOOL



TEEN CLUB

Perfect for HMHB Teen Club Zen, with students or grown ups as group leaders.

AFTER-CARE

A great way to impart any HMHB Kids Program, and make incredible use of after-care time.

YOUTH CLUB

HMHB promotes leadership with our Student Ambassador program for students who have completed a full HMHB program.

GROUP



NONPROFITS

The Boys & Girls Club, Big Brothers Big Sisters, and The Boy & Girl Scouts of America are just a few examples of great nonprofits that can benefit from HMHB.

COMMUNITY GROUPS

Yoga centers, teams, support groups, hospitals, wellness groups, church groups, and neighborhood families are groups that can benefit from HMHB.

HOME & SUMMER



HOME SCHOOLER

perfect for at-home motivated learners, either as individuals or as a group.

FAMILIES

HMHB isn't just for kids! It's an equally powerful program for adults. Doing HMHB Kids Program as a family is a powerful way to grow together or as a group.

SUMMER

as a camp or intensive, HMHB is a great way to spend the summer.

HMHB KIDS PROGRAM PRICING

Whether you're an individual, K-12 school, after care program, group, summer program, or family, HMHB has an affordable program for you!



Our goal is to make HMHB easy as 1-2-3!

Your group leader will be the HMHB point of contact for setting up the HMHB Kids Program for your school or group. The HMHB Kids Program can be purchased through our online shop (www.HMHBkidsprogram.org) See the boxes below for the HMHB Kids Program costs. For individuals, or single families wanting to do the full program, contact: hmhbprogram@gmail.com or 805.628.9211 for special pricing or help with purchasing.

1

THE PROGRAM

A flat fee for our full digital program

THE PROGRAM

The fee for access to the full HMHB Kids Program is divided up by group size: (For multiple institutions, or groups over 100, contact HMHB for personalized pricing) (\$350.00. for groups of 50-100) (\$250.00 for groups of 25-49) (\$175.00 for groups 10-24) (\$150 for groups 1-10) This gives you access to all our teaching videos, and digital programming:

1) The HMHB Kids Program 10-week workbook

2) Group Leader Guide

3) Teaching Handouts

4) Communication Kit (for engaging parents, teachers, and staff)

You also receive a weekly 15-minute video chat with a certified HMHB teacher you can use alone or with your group, email support during business hours, and a year-long subscription to our HMHB membership which includes more tips, tools, and teachings (a \$60 value)

2

THE PEOPLE

There is a price per student

THE PEOPLE

Whether you have one student or 100 students, the price per student is \$10.00. This fee is used to pay for access for every child and family participating to our members-only content and the full program on our web site. Each subsequent school year HMHB program is used, the cost will be for per student use, along with a re-up fee of *half the cost* of your original fee. We strive to improve our program year after year, so every year our program will get better and better with your feedback!

3

THE SUPPLIES

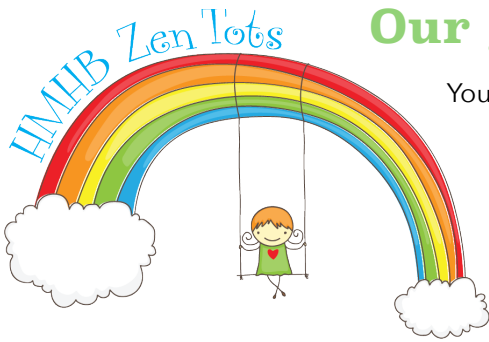
Hard copies of our workbook, or Zen Frog book series, or more one-on-one teaching

THE SUPPLIES

Our hard copy workbooks (spiral bound) are priced at the cost of printing + shipping. HMHB makes about .10 per workbook. We place the order for you, then you get your books delivered at your door. (\$10 per book.) Our Zen Frog book series can be purchased online at the HMHB Shop. (\$15 per book.) If you'd like one of our certified teachers to come to you, contact us. The hourly rate for a teacher to come to you is \$50 per hour + travel cost. For a video chat session, see our web site **Book A One-On-One** page for 15, 30, or 60-minute sessions. See the online **HMHB Shop** for more.

ZEN TOTS PROGRAM PRICING

Whether you're a pre-school, after care program, group, summer program, or family, HMHB has an affordable program for you!



Our goal is to make HMHB easy as 1-2-3!

Your group leader will be the HMHB point of contact for setting up the HMHB Zen Tots Program for your school or group. The HMHB Zen Tots Program can be purchased through our online shop (www.HMHBkidsprogram.org.) See the boxes below for the Zen Tots Program costs. For single families wanting to do the full program, contact: hmhbprogram@gmail.com or 805.628.9211 for special pricing.

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THE PROGRAM

A flat fee for our full digital program

THE PROGRAM

The flat fee for access to the full HMHB Kids Program is divided up by group size: (For multiple institutions, or groups over 100, contact HMHB for personalized pricing) (\$250.00 for groups of 50-100) (\$200.00 for groups of 25-49) (\$150.00 for groups 10-24) (\$100 for groups 1-10) This gives you access to all our teaching videos, and digital programming:

1) The Zen Tots Program, 10 lessons for kids

2) Group Leader Guide

3) Teaching Handouts For Grown Ups & Coloring Pages For Kids

4) Communication Kit (for engaging parents, teachers, and staff)

You also receive a weekly 15-minute video chat with a certified HMHB teacher you can use alone or with your group, email support during business hours, and a year-long subscription to our HMHB membership which includes more tips, tools, and teachings (a \$60 value)

2

THE PEOPLE

There is a price per student

THE PEOPLE

Whether you have one student or 100 students, the price per student is \$10.00. This fee is used to pay for access for every child and family participating in your program to our members-only content and the full program on our web site. Each subsequent school year HMHB program is used, the cost will be for per student use, along with a re-up fee of *half your original fee*. We strive to improve our program year after year, so every year our program will get better and better with your feedback!

3

THE SUPPLIES

More one-on-one teaching

THE SUPPLIES

If you'd like one of our certified teachers to come to you to teach your staff, students, or families of your students, contact us. The hourly rate for a teacher to come to you is \$50 per hour + travel cost. For a video chat session, see our web site **Book A One-On-One** page for 15, 30, or 60-minute sessions. To purchase the supplemental books we advocate in the program, and other fun HMHB materials, see the online **HMHB Shop**.

TEEN CLUB ZEN PRICING

Whether you're a teen or grown up, high school, team, group, summer program, or family, HMHB has an affordable program for you!



Our goal is to make HMHB easy as 1-2-3!

Your group leader will be the HMHB point of contact for setting up the HMHB Teen CLUB ZEN Program for your school or group. The HMHB Teen CLUB ZEN Program can be purchased through our online shop (www.HMHBkidsprogram.org.) See the boxes below for the Teen CLUB ZEN Program costs. . For single families wanting to do the full program, contact: hmhbprogram@gmail.com or 805.628.9211 for special pricing.

1

THE PROGRAM

A flat fee for our full digital program

2

THE PEOPLE

There is a price per student

3

THE SUPPLIES

More one-on-one teaching

THE PROGRAM

The flat fee for access to the full Teen CLUB MED Program is a flat fee of \$75.00. This gives you access to all our teaching videos, and downloadable PDFS of:

1) The Teen CLUB ZEN Curriculum (10 lessons with practices for teens)

2) Group Leader Guide

3) Teaching Handouts (for adults to learn with teens)

4) Communication Kit (for engaging parents, teachers, and staff)

You also receive a weekly 15-minute video chat with a certified HMHB teacher you can use alone or with your group, email support during business hours, and a year-long subscription to our HMHB membership which includes more tips, tools, and teachings (a \$60 value)

THE PEOPLE

Whether you have one student or 100 students, the price per student is \$10.00. This fee is used to pay for access for every child and family participating in your program to our members-only content and the full program on our web site. Each subsequent school year HMHB program is used, the cost will be for per student use, along with a re-up fee of \$25. We strive to improve our program year after year, so every year our program will get better and better with your feedback!

THE SUPPLIES

If you'd like one of our certified teachers to come to you to teach your staff, students, or families of your students, contact us. The hourly rate for a teacher to come to you is \$50 per hour + travel cost. For a video chat session, see our web site **Book A One-On-One** page for 15, 30, or 60-minute sessions. To purchase the supplemental books we advocate in the program, and other fun HMHB materials, see the online **HMHB Shop**.

HMHB WORKSHOPS & CLASSES

Whether you're an individual, K-12 school, group, or family, HMHB has an affordable workshop or class for you!

Take a HMHB class or workshop to learn to see what's going on in your inner space! We have a variety of classes and workshops to meet your needs as a school, group, family, group leader, or teen club. To set up it up, contact us at: hmhbprogram@gmail.com or 805.628.9211.

TEACHING & TRAINING



TEACHING A PORTION OF, OR THE FULL HMHB KIDS PROGRAM

To have a certified HMHB teacher come to you it's \$50 per hour + the cost of travel (\$10 per hour ground travel, \$75 per hour for air travel)

GROUP LEADER TRAINING

Want to have a HMHB teacher help you become a group leader? \$150 for a two-hour training & follow up interview/intake session.

PARENT WORKSHOP

\$100 + \$10 per person for a two hour class (only \$10 per family if doing our full program, \$100 waived)

COUNSELING



ONE ON ONE

See the Book A One-On-One page on the HMHB web site for video chat teaching & counseling. For in-person counseling it is the same cost as teaching (\$50 per hour + cost of travel)

SCHOOL

Are you having a particular issue at your school? Are you needing help after a difficult event? HMHB can help your group face and erase the problem inside. Costs vary.

GROUP OR PARTNER

Great for couples, or groups of 25 or less, like families, office staff, or a team. Costs vary.

DAY RETREATS & OVERNIGHTS



SCHOOLS & GROUPS & FAMILIES

HMHB can come to you or we can create a destination for you! Good for grown ups AND kids. Costs vary depending upon location, group size, and degree of activities.

We can provide an incredible day trip or overnight for your school, group, or family to teach meditation + healing arts + developing good character + face it and erase it tools + healthy eating + yoga + music + games + stories. It'll be a mini vacation for sure, and you definitely will have taken a vacation with meditation.

COACHING



STUDENT AMBASSADOR COACHING

HMHB is dedicated to nurturing kids to lead by example and become adults who experience a life living in Higher Consciousness. We offer a year's worth of free coaching to help SA's achieve their goal of helping others in their communities.

TEEN CLUB MED COACHING

Teens leading by example! We offer HMHB Teen Club Med teen group leader training (2 hours) for \$50, and help them set up Club Med at their school or group.