

**Real tools. Real life. Real change.**



## WHAT IS IT?

HMHB Teen Club Zen (TCZ)<sup>™</sup> comes from Healthy Minds, Healthy Bodies Kids Programs<sup>®</sup> (HMHB), a youth division of the nonprofit Adventures In Consciousness<sup>™</sup>. The mission is to help teens help themselves by teaching practices for calming down, balancing the body, “facing and erasing” the many stresses teens feel, and learning a life-long practice of consciously evolving into better people. The program content was developed from teen survey results all over the country asking teens what stressed them out, and what mistakes they are making.

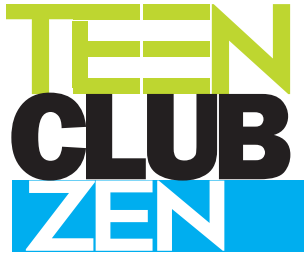
## WHAT DO WE DO?

Teens (ages 13 to 18) meet as a club or class. TCZ provides teens with: **1)** a simple yet powerful daily awareness training practice **2)** the “face it and erase it” tools from kinetic psychology to break down stress in the body from the inside out (yes it’s really true!) **3)** helpful vlog-style videos, handouts, and easy weekly opportunities to further learn how to help themselves concerning many life situations **4)** team & character-building activities like film viewings, the HMHB kindness campaign, a “Practice Party” for friends & family, a “Digital Detox”, an “Attitude of Gratitude” challenge, and the #spreadthegood project. In a nutshell, we show teens how to go on a journey inward for help, peace, and lasting change.

## WHY DO WE DO IT?

Teens everywhere are struggling with so many stresses, but they don’t have to be struggling. Our practices work, are backed by over 30 years of research and personal practice, and everyone should know how to help themselves! If we want to make this planet a better place, we have to start with ourselves and HMHB Teen Club Zen shows you how. See our web site for testimonials straight from teens.

**CHECK US OUT! [WWW.HMHBKIDSPROGRAM.ORG/TEEN-CLUB-ZEN](http://WWW.HMHBKIDSPROGRAM.ORG/TEEN-CLUB-ZEN)**



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**CLUB RUSH PACKET:** All the materials you need to introduce TCZ to your school or group and to get teens to come to the first meeting.

**ZEN LESSON #1: STARTING TO GET ZEN** Teens learn the daily practice, have a “practice partner” to help them, and start learning about self-awareness during our whole day.

**ZEN LESSON #2: FACE IT TO ERASE IT** Teens learn the foundational “face it and erase it” tools and begin to learn how to work on thoughts & feelings.

**ZEN LESSON #3: TRANSFORMING TEEN BRAIN** Teens learn more about why they behave based upon teen biochemistry, and learn the most advanced “face it and erase it” tool, called Stop, Drop, Chop.

**ZEN LESSON #4: SCHOOLING STRESS** Teens learn how to begin to face & erase the stresses brought on by academic and school related responsibilities.

**ZEN LESSON #5: FAMILY TIES** Teens learn how to begin to face & erase the stresses brought on by family relationships, how to better communicate for conflict resolution, and begin the “attitude of gratitude challenge.”

**PRACTICE PARTY PACKET:** All the materials you need to introduce TCZ daily practice to family, friends, and staff, plus potentially raise funds for your club.

**ZEN LESSON #6: TECHNOLOGIC TRAP** Teens learn how to begin to face & erase attachment to and the negative behaviors brought on by entertainment & social media, & begin the “digital detox.”

**ZEN LESSON #7: OH THE DRAMA** Teens learn how to begin to face & erase thoughts and feelings brought on by peer pressure, bullying, and peer drama. They also learn how not to “dump” on others, and begin the “HMHB Kindness Campaign.”

**ZEN LESSON #8: SELF-IMAGE & SUCCESS** Teens learn how to cultivate a healthy self-image and what success really means when it comes to being a healthy and inspired member of society.

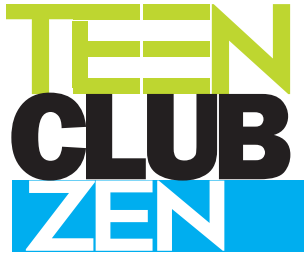
**ZEN LESSON #9: DATING 101** Teens learn how to begin to face & erase the negative behavior patterns surrounding dating to address issues such as having sex and what love really is.

**ZEN LESSON #10: THE FUTURE...** Teens learn how to begin to face & erase feelings of confusion, fear, and responsibility of the future as it pertains to education, work, and family. The “Spread The Good” Project is introduced.

**ZEN LESSON #11: SCREWING UP** Teens learn how to begin to face & erase the drives behind partaking in devastating risky behavior such as drugs, drinking, violence, and sexual assault.

**ZEN LESSON #12: LEAD BY EXAMPLE** Teens learn how helping yourself helps the world and simple tips to be a compassionate leader in any aspect of life.

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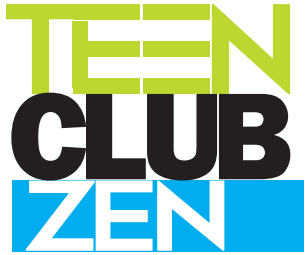
## **PROGRAM PRICING**

Before HMHB Teen Club Zen can start, you need a HMHB Group Leader! A school or group designates a Group Leader who is ready to do foundational HMHB Group Leader training. (See the "Become A Group Leader" page on the HMHB web site for more information.) A group leader is 18 years or older, and once foundational training is completed, the Group Leader becomes the main point of contact for HMHB with your school or group. Group Leader Foundational Training is \$40 and available for purchase online in the HMHB Shop. It is encouraged for Group Leaders to have Level One Training after initial training. See below for the Teen Club Zen Program costs. Contact us at [hmhbprogram@gmail.com](mailto:hmhbprogram@gmail.com) or 805.628.9211 anytime with general questions, special pricing requests, and help with purchasing.

**For access to the Full HMHB TEEN CLUB ZEN Program there is an annual fee of \$250.00 for groups up to 15 students. For groups over 15 students, the cost is \$12 per student. See below for what comes included in a full HMHB TCZ program.**

- 1) The TCZ Curriculum (40 + videos & handouts, password protected, updated annually)**
- 2) The TCZ Handbook (Step by Step Instructional Guide for the Group Leader & Teens)**
- 3) 15 minutes every week to consult with a HMHB certified teacher**

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