

Healthy Minds,
Healthy Bodies
Kids Program®
(HMHB)

HELPING KIDS HELP THEMSELVES

Comprehensive Social & Emotional
Wellness Programs For
Schools, Groups & Families

- HMHB Zen Tots™
- HMHB Kids Program®
- HMHB Teen Club Zen™



Begin an adventure to inner space
... make the world a better place.



Our Mission:

AWARENESS

- **The Problem Worth Solving:**
Painful or negative feelings and thoughts impact everything we do. There are a lack of effective practices being taught in our daily learning institutions that children and adults can use to help themselves, both short and long-term, with these thoughts and feelings.
- **Our Solution:**
Our practices approach thoughts and feelings on a kinetic level. The power of awareness, can “break down” an issue at the root, inside. Anyone can innately help themselves and gain self-insight, even a small child. Being aware inside and out is the key to any lasting change. If you don’t know what’s going on inside, how can you begin to solve any problems? **It’s not coping mechanisms, it’s conscious evolution.**



WHO WE ARE

Healthy Minds, Healthy Bodies Kids Program® (HMHB) is the youth division of Adventures In Consciousness nonprofit for kids ages 2–18, started in 2013. We provide a **wellness education system** that is practical, accessible anytime, and that works in and out of the classroom.

HMHB teaches kids and grown ups proactive self-awareness tools to help anyone help themselves reach their fullest potential from the inside out. Our practices come from over 40 years of practical research and go far beyond coping mechanisms. We aim for conscious evolution, or permanent transformation on a deep inner level by going into our “inner space”. HMHB complements practices with character education so students understand how to use their tools anytime, anywhere to become more calm, accepting, resilient, and kind individuals. Year-long programs cost about \$10– \$15 per child, and are guided by a trained adult called the Group Leader.

PROGRAM OBJECTIVES



Each program, will have developmental differences in objectives, but all of our programs provide these pillars for an integral approach to wellness education with awareness as the foundation:

1. **A daily 10–15 minute awareness training practice** – to develop physical and intellectual focus, opening of kinetic emotional channels in the body, calming and balancing of thoughts and feelings, and strengthening of self-awareness.
2. **The “face it and erase it tools”** – a kinetic psychology toolkit of practices to effectively approach thoughts and feelings past and present. The ability to “feel the feeling” on a physical level in turn provides self-healing, self-transformation, and self-insight.
3. **Enjoyable daily & weekly “adventures”** – individual and group activities, stories, and guided discussions for positive character development to foster becoming more intentional in all aspects of our lives.

HOW DOES IT WORK?

- HMHB can be done in schools, groups, families, after-care programs, and at youth or wellness organizations. Our programs are flexible, though on average, take the span of a school year (8–10 months) to implement successfully. Each program is unique to the school or group that does it, but the HMHB staff is here to help make each program a success, because **we are partners in progress with you.**



CHANGE IS A CHOICE TO BEGIN

Before any HMHB program can get started, a responsible and committed adult, who will oversee the program, must complete our Group Leader Training. Whether it's a single person or an entire staff, introductory training is implemented through training videos, documents, video chat sessions, and personal practice.

Every HMHB training and full program is delivered digitally through learning videos, guided audio recordings, and learning documents. Every lesson is outlined step by step for the Group Leader and the student, so there is no guesswork in lesson planning or the “how & when” of using practices. HMHB can be done daily or weekly, and can vary from 20 minutes a day to a few hours each week, depending on the group structure.

PROGRAM OVERVIEWS



HMHB Zen Tots™ is for tots ages 2–4. Lessons in breath, loving kindness, “feeling feelings,” nature, sharing & caring, color connection, memory, and focus can easily be taught in pre-schools, nursery schools, after-care programs, and at home. Daily practices, songs, dances, coloring pages, and games give tots tools to develop greater insight into themselves and others around them. Grown ups have learning materials too, to grow with their tots.

HMHB Kids Program® is for kids ages 5–12. In schools and groups kids participate in daily practice, “face it and erase it” sessions, activities, guided discussions, readings, videos, and reflections to develop positive character qualities and relationships. HMHB shows kids step by step that every moment of life is an opportunity to grow, with a philosophy that practice + patience + persistence = progress.

HMHB Teen Club Zen™ (TCZ) is for teens ages 13–18. In a club or class teens learn practices for calming down, balancing the body, “facing and erasing” stresses, and developing a life-long practice of consciously evolving into better people. TCZ videos, handouts, and group challenges were developed to address specific issues from surveys asking teens what stressed them out, and what mistakes they were making.

TOOLS TO TRANSFORM

- **HMHB Daily Practice** uses multiple breathing techniques body scanning, quieting the mind practice, heart opening, and connection meditations.
- **Positive Character Development** through discussion, activities, and stories are key so students know what's expected of them in terms of how they relate to themselves and others.
- **Our “Face it and Erase it” Tools** come from extensive research in kinetic psychology. Pressure point tapping, eye movement, body scanning, and “feeling the feeling” all with relaxed attention give students a step-by-step approach to actively work on any feeling that bothers them. **What you resist will persist, and what you can feel, you can heal.**



WELLNESS EDUCATION 2.0

We understand the need for evidence based models with track records in mental, social and emotional practices. In fact, we are working on long-term studies of our wellness education system! What HMHB can offer today is over 40 years of practical research, experience from extensive practice, clear survey results, hundreds of positive testimonials, and a clear track record to show that what we have works. Is it mainstream just yet? Nope. Will it be? We hope so, because these practices are so simple and powerful everyone should know about them, which is why we offer free teaching programs, videos and helpful blogs on our web site. Our face it and erase it tools are what truly go beyond traditional “mindfulness” and social emotional modules, making our system one of a kind, simple, and powerful.

PROOF IS IN THE PRACTICE



- In the HMHB pilot school, all teachers reported better focus, self-control, peace, and ability to successfully teach their full lesson content following daily meditation practice.
- In HMHB Kids pilot school, 29 out of 29 students using our Self- Liberation Technique (SLT©) reported that a persistent painful feeling became permanently gone.
- In HMHB Kids pilot school, 9 out of 10 students said the tools they learned made them “calmer” and “better at dealing with their emotions” than before they started.
- At The Boys & Girls Club, 30 out of 30 kids ages 5-12 in a summer workshop said that if HMHB were offered everyday at their club they would do it.
- In a HMHB Teen Club Zen pilot, all teen club members said they could feel a “positive change in their day to day behavior” after just two weeks of daily practice. Unanimously, club members expressed TCZ was a place they felt “safe to express themselves and ask for help.”
- In HMHB Zen Tots pilot, all the families with tots ages 2-4 expressed that the practices they learned “changed their lives.”

SPREAD THE GOOD

- We can't have a healthy, happy society if we don't have children with healthy, happy minds and bodies. It's time for a more integral approach to education, where overall wellness, present and future, are the top priorities. When we learn to help ourselves we can then help others. **We change ourselves, we change the world.**



BE OUR PARTNER IN PROGRESS

We cannot have successful programs without you, so if HMHB speaks to you, definitely speak to us! It's very simple to get started with an HMHB program. Simply give us a call, apply to be a Group Leader right on our web site, send us an email, or start practicing & exploring our free programs right now.

THE HMHB BUZZ



"I've had some really dark times, and I've been using the face it & erase it tools, and I don't have anymore dark feelings. Now that I've learned HMHB I'm calm, relaxed, joyed and Pos- o-tive!" – Caleb, 9, AK

"HMHB tools WORK. I've been using SLT and Light Meditation for a few months now and my mom asked me why I was acting so different." – Nicolas, 10, CA

"Thank you so much for the HMHB lesson today. I really enjoyed it. I could really feel the positive energy entering and the negative energy exiting. I will do these techniques everyday." – Tatiana, 11, OH

"HMHB has helped me stay calm through hard times. I have had some friends be mean to me, and it has helped me through it. I do daily practice in my room and it helps a lot. Ever since I started the daily practice I have been so much more humble. My feelings I'm working on have been very hard to break, but I've gotten them down to a 2 from a 10 so far and it's only been a few weeks. I've tried meditation before and I could never figure it out until HMHB. I feel so amazing I could cry!" – Emma, 13, CA

"HMHB practices help me to calm myself when I get anxious or am feeling overwhelmed, and just teaches that feeling what you feel, it's just a feeling, not you, and how to let it go, or put your attention on it to watch it go away after a few tries!" – Arika, 17, WI

"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, CA

