



HMHB Zen Tots
is a self-
awareness &
character building
program for
ages 2-4.

**Give tots the tools they need to grow
from the inside out right from the start!**



LESSONS 1 & 2

BREATH: Daily
Practice

LOVE: Daily
Practice

LESSON 3

**FEELING
FEELINGS:**

How to feel big
feelings

LESSON 4

**CREATIVE
COLORS:**
Colors
purposefully
helping us

LESSON 5

NATURE:
Connecting to &
experiencing
nature

LESSONS 6 & 7

**AWAKE &
AWARE:** Attention
& Memory
**SHARING &
CARING:** Getting
along



HMHB Zen Tots™ program includes lessons that can easily be taught in pre-schools, "parent and me" classes, nursery schools, after-care programs, and at home. With fun daily practices, songs, dances, coloring pages and games, your tots can learn how to have exceptional control over their own body and emotions, all the while developing greater insight into themselves and others around them. Grown ups have their own learning materials, too, to grow as connected caregivers.

ZEN TOTS PROGRAM PRICING

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



Whether you're at preschool, daycare, aftercare or home, HMHB Zen Tots has an affordable program for you. Your Group Leader will be the main point of contact for setting up HMHB Zen Tots for your school or group. See below for the HMHB Zen Tots Program costs. Contact hmhbprogram@gmail.com or call 805-628-9211 anytime with general questions, special pricing requests, or help with purchasing.

THE PROGRAM — A Flat Fee For Our Full Digital Program

PRICING:

The fee for access to the full HMHB Kids Program is divided up by group size:

- \$150 (groups 1-50)
- \$250 (groups 50-100)
- \$350 (groups 100-200)
- \$450 (groups 200-300)
- For groups over 300, contact HMHB for personalized pricing

Every consecutive year an HMHB program is used, we will take 10% off your original full program cost. Our programs improve every year.

WHAT COMES IN A FULL PROGRAM:

- **Zen Tots Program, 10 Lessons with accompanying videos & handouts**
- **Contract with Participating Site & Group Leader**
- **Our Group Leader Training Workshop Video**
- **Online & Verbal Support** (weekly 15-minute video chat or phone call with a certified HMHB teacher that you can use alone or with your group and email support during business hours.

THE PEOPLE — Partners In Progress: HMHB Group Leaders

The Group Leader is our point of contact and our partner in progress. We will sign a contract with the Group Leader and provide them with the **Group Leader Training Workshop Package** to give Group Leaders an experience with our practices before beginning a full program. A Group Leader can be an involved parent, teacher, or mentor committed to the success of their HMHB full program. For an HMHB certified teacher to come to you it is \$50 per hour plus travel cost.

THE SUPPLIES — More Tools To Help Yourself

While there are no extra supplies for the HMHB Zen Tots Program, we do encourage our supplementary **Helping Parents Help Themselves** Video Learning Series where moms and dads can learn how to “face & erase” their own stresses, worries, and concerns to become happier parents from the inside out. See the HMHB Shop for these product and much more.