

# HMHB KIDS PROGRAM<sup>®</sup>

Creating revolutionary wellness education by  
helping kids **help themselves.**



**Healthy Minds, Healthy Bodies Kids Program is digital wellness education** that “helps kids help themselves” anytime, anywhere by teaching a simple, yet powerful toolkit of practices in awareness training, kinetic psychology and character education. Our practices help kids focus, calm, “face & erase” painful emotions, and harness their innate self-awareness to become more kind, resilient, and intentional people, for life! HMHB uses a variety of materials to engage kids ages 5-12:

- ★ **Mini-Lesson Teaching Videos** for adults & kids (1-2 videos a week, 5-15 min.)
- ★ **Choose Your Own Adventures** weekly activities, worksheets, posters & coloring
- ★ **HMHB Children’s Books** + supplementary read-aloud books
- ★ **Flashcards & Songs** for character education & relationship building
- ★ **“Practice Parties”** for friends & family to learn too!



Our tools come from over 40 years of practical research and allow each child to directly experience a journey into their own “inner space.” HMHB can be used anywhere, so practices easily translate in and out of the classroom. HMHB’s groundbreaking “face it & erase it” tools truly breakdown stressful emotions from the inside out, making HMHB one of kind. These are life skills *everyone deserves*. We provide weekly support for your full program. When wellness education is the top priority, every aspect of development thrives, so **join us for a rewarding journey to inner space!**

1

## DAILY PRACTICE

Experience calm and self-awareness in daily practice & during the day.

2

## FACE IT & ERASE IT

Observe thoughts & emotions, then break down stress for good, anytime, anywhere!

3

## ADVENTURES

Enjoy helpful weekly stories, videos, reflections, practices, & activities.

## PLAY.



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

## PRINCIPAL.



Thoughts, words, and actions can be changed moment to moment.

## PRACTICE.



HMHB is a Wellness Education System that works.

# HMHB HEALTHY MINDS, HEALTHY BODIES



HEALTHY MINDS  
HEALTHY BODIES  
KIDS' PROGRAM ©



## HMHB *Manifesto*



### *We Believe:*

"Education of the mind without education of the heart is no education at all." -Aristotle

**Wellness Education** is meant for all children, of all ages, regardless of apparent emotional or social "problems" needing to be addressed. It's not only about physical health, how to get along with others, or following rules. It's giving all children the opportunity to realize their own innate and limitless potential to help themselves through their own awareness. This is a comprehensive approach to living, to learning. A conscious evolutionary approach to how we see ourselves, the world, and others, and it impacts every facet of our lives. It's genuine problem-solving and preventative health.

The mind is not separate from the body. There is an imperative need to consider, in terms of education, that the thinking mind requires a different type of discipline than what's required for the continued development of our innate awareness. Which, when developed, gives us deep understanding, compassion, healing, and autonomy for our entire lives, while costing us nothing.

"Children are apt to live up to what you believe of them." -Lady Bird Johnson

**We are born** into this world having nothing but the seeds of pure awareness to teach us about how to relate to everything, namely through our senses. As children progress to become self-aware, it is our duty as stewards of young citizens to encourage and provide the opportunities necessary to further develop this natural gift of self-awareness. All children are fully capable to be still, be thoughtful, be reflective, and choose to have a choice in how they respond to themselves, others, and their environments. All children deserve this type of education. All children deserve to experience for themselves the benefits of self-help; progress being its own reward, the tremendous beauty of harmonious thoughts, words, and actions, and that joyfulness and peacefulness are indeed an actual way of operating in this world.



# HMHB HEALTHY MINDS, HEALTHY BODIES



## K-5 SYLLABUS

2020-2021



### Helping Kids Help Themselves

#### LESSON 1:

##### CHANGE IS A CHOICE (TO BEGIN!)

WEEKS 1-3

HEALTHY  
LISTEN  
AWARENESS

Learn what HMHB is all about, the first principals of "inner space science", how change is a daily choice, what trying your best really means, plus an introduction to our real-life super power, awareness. Learn why wellness is here for us ALL to benefit from, no matter how we feel, or what we think we already do, or don't know. **#CHANGEISACHOICE #INNERSPACEPLACE**

What is HMHB All About?

What is Trying Our Best All About?

What is Inner Space All About?

#### LESSON 2:

##### LEARNING DAILY PRACTICE

WEEKS 4-7

HARMONY  
PEACE  
CONNECTION  
PRACTICE

Learn the HMHB daily practice, a simple, yet powerful interval awareness training sequence that synthesizes some of the best proven mindfulness & kinetic psychology practices. Depending on the age group, practice is 5-15 minutes a day and helps to develop greater calm, focus & self-awareness of body, thoughts, and feelings. It's a healthy habit and an opportunity for groups to cultivate a calm community together! **#PRACTICINGPEACE #INCREASETHEPEACE**

What is Daily Practice All About?

The Daily Practice Song

Daily Practice: Breath & Awareness

Daily Practice: Connection

Zen Frog's Journey To Inner Space

Full Guided Daily Practice

#### LESSON 3:

##### FACING & ERASING

WEEKS 8-11

FEEL  
TRANSFORM  
PERSISTENCE  
REACTION

Learn the HMHB "face it & erase it tools" - a step-by-step toolkit for helping ourselves with e-motions anytime, anywhere. These simple kinetic psychology practices help us observe the movements of our body, thoughts, and feelings. We use them to develop our innate awareness abilities that can transform e-motions by breaking down the movement of them in the body, which go far beyond traditional coping mechanisms. **#FACEITTOERASEIT #FEELITTOHEALIT**

What is Feeling All About?

What is Facing & Erasing All About?

Facing & Erasing: Feel the Feeling + Three Questions

Facing & Erasing: SLT + Eye Movement & Finger Tapping

Zen Frog's Journey To the Wild, Wild, Quest

Full Guided Facing & Erasing

#### LESSON 4:

##### GROWING A GOOD CHARACTER

WEEKS 12-14

CHARACTER  
CHARACTER  
QUALITIES  
GLOSSARY

Learn how character is the collection of our thoughts, words, and actions. It's how we see the world and how the world sees us. We explore how our HMHB practices integrate into our relationships with others. We define in greater detail what peaceful and painful character qualities are, helping us to experience the practical application of qualities like being kind, helpful, and truthful. We aren't nice because we want people to like us, we instead focus on how we'd like others to feel in our presence, no matter how they treat us back. How we treat ourselves is how we treat others. **#GROWGOODTHOUGHTS #GROWGOODWORDS #GROWGOODACTIONS #INNERSPACEGARDEN #CHOICEISYOURVOICE #IAMYOUANDYOUAREME**

What is Character All About?

What is the Golden Rule All About?

What is Community All About?

What is Being Liked & Bullying All About?



# HMHB HEALTHY MINDS, HEALTHY BODIES



HEALTHY MINDS  
HEALTHY BODIES  
KIDS' PROGRAM



## K-5 SYLLABUS

2020-2021



### Helping Kids Help Themselves

#### LESSON 5:

##### MASTERING "MISTAKES"

WEEKS 15-16

MISTAKE  
PATIENCE

Mistakes are opportunities to learn a lesson from something we do not know how to do better, yet. We are not defined by our mistakes, but rather what we learn and how we grow from them. Failure is not final, or a reflection of our ultimate capability or potential. Success is never giving up and always looking for the lesson to be learned. We stick to the HMHB Motto:

Practice + Persistence + Patience = Progress **#FREETOFAIL #LOOKFORTHLESSON**

What Are Making Mistakes All About?

What Is Success All About?

#### LESSON 6:

##### LOVE & GRATITUDE

WEEKS 17-18

EXPAND  
GRATITUDE

Learn how love is striving to understand + accept others (and ourselves) as we are, an opportunity to expand ourselves, and a powerful e-motion of self-giving. Love is kindness and patience, and especially expansive when we are mad or sad with ourselves or others. Practicing love and gratitude is its own reward. Gratitude is being thankful for everything, not just the "good stuff". We learn how expectations of ourselves and others can bring us closer, or take us away from experiencing greater love and gratitude. **#GIVETOLIVE #ATTITUDEOFGRAITUDE**

What Is Love All About?

What Is Gratitude All About?



#### LESSON 7:

##### OUR NATURAL WORLD

WEEKS 19-21

NURTURE  
RESTORE

We highlight how our natural world gives us everything we have-- it gives us life. We compare our digital relationship to our relationship with the natural world. We learn how to better appreciate, conserve, and utilize nature through the concepts of respecting how it nurtures us, and the need to restore whatever we use from it, for future generations. **#NATUREISNURTURE #DIGITALDETOX**

What Is Our Natural World All About?

What Is A Healthy Body All About?

What Is Taking Care of Nature All About?

#### LESSON 8:

##### LEADING BY EXAMPLE

WEEKS 22-25

PEACE  
INNOVATE  
EVOLVE  
RESPONSIBILITY

Learn more what true leadership is all about. It's about changing yourself to change the world as well as seeking peace, with understanding, in all our actions. Our ideas are meant to help the greater good. In all our actions, big & small, we can lead by example, and always become better versions of ourselves (more harmonious). Bravery is trying our best, being honest (with ourselves and others), following our hearts, and always staying aware to take responsibility for how we treat ourselves & others. **#PEACESEEKER #CHANGEYOURSELFCHANGETHWORLD #SPREADTHEGOOD #PERFECTLYIMPERFECT #STAYBRAVE**

What Is Leading By Example All About?

What Are Ideas All About?

What Is Being You All About?

What Is Being Brave All About?

HMHB Graduation





# HMHB KIDS PROGRAM PRICING



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

**Whether you're a classroom school, aftercare program, youth group, summer program, or family, HMHB Kids has an affordable program for you.** HMHB Kids Programs are for grades K-5. Group Leaders are the main point of contact for setting up an HMHB Kids Program for your group. See below for HMHB Kids Program costs and all you receive in our comprehensive digital programming. Contact [hmhprogram@gmail.com](mailto:hmhprogram@gmail.com) or call 805-628-9211 anytime with general questions, special pricing requests, or help with purchasing.

## THE PROGRAM — A Flat Fee For 1 YEAR Access To Our Full Digital Program

### PRICING:

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

- \$200 (Individual Families & Single Classrooms)
- \$500 (groups 30-150)
- \$800 (groups 150-250)
- \$1,000 (groups 250-350)
- \$1,200 (groups 350-450)
- For groups over 400, contact HMHB for personalized pricing

Every consecutive year an HMHB program is used, we will take 10% off your original full program

### WHAT COMES IN A FULL PROGRAM:

- **1-2 teaching videos per week, 25 weeks**
- **Accompanying Guided Audio Practices, + adventures handouts, posters, & coloring pages**
- **1 set of 16 "Character Cards"**
- **Contract with Participating Site & Group Leader**
- **Group Leader Training Workshop Package + Weekly Group Leader Lesson Plan Video**
- **Parent Packet/Communications Kit**
- **Online & Verbal Support** (weekly 15-minute video chat or phone call 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. Our digital programming is meant to be accessible and user-friendly, though if you have any questions along the way we're here to support you!

## THE SUPPLIES — More Tools To Help Yourself

Our **Zen Frog Book Series** (\$20 per hard copy book) and extra sets of HMHB **Character Cards** (\$15) can be purchased on our web site. See the HMHB Shop for these product and much more.