

Real tools. Real life. Real change.



WHAT IS IT?

HMHB Teen Club Zen (TCZ)[™] comes from Healthy Minds, Healthy Bodies Kids Programs[®] (HMHB), a youth division of the nonprofit Adventures In Consciousness[™]. Our mission is to help teens help themselves by teaching wellness 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 were making.

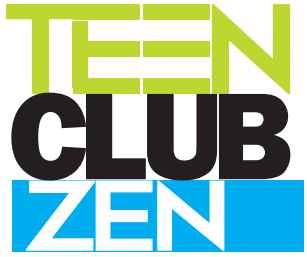
WHAT DO WE DO?

Teens (ages 12 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 true!) **3)** helpful vlog-style teaching videos, handouts, and easy weekly opportunities to further learn how to help themselves and hear from current voices in the wellness field **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 practical research, 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



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GETTING STARTED All the materials you need to introduce TCZ to yourself, your school or group, and to get teens to come to the first meeting or class.

LESSON #1: STARTING TO GET ZEN Teens learn the TCZ daily practice, what defines wellness, the power of self-awareness, change being a choice, E-motions, foundational vulnerability, the TCZ formula (practice+ patience + persistence = progress) and getting and education in YOU.

LESSON #2: TRANSFORMING TEEN BRAIN Teens learn how stress impacts mind-body connection, teen brain chemistry, and how to frame mental health disorders with compassion.

LESSON #3: 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 anytime, anywhere.

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

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, the concepts of our own “inner child” + “reparenting”, and begin the “attitude of gratitude challenge.” We encourage family to join in TCZ with the “family affair practice party.”

LESSON #6: TECHNOLOGIC TRAP Teens learn how to approach technology more consciously by looking at their attachment and motivation for engaging with tech, including social media. There’s the “digital detox challenge” and we explore paths of more sincere communication and empathy with others.

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

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

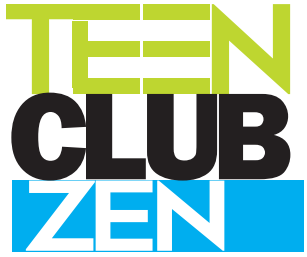
LESSON #9: DATING 101 Teens learn the distinctions between infatuation, lust, love, and foundational guidelines for dating. We also address more psychological aspects regarding intimacy.

LESSON #10: THE FUTURE... Teens learn how to address feelings of confusion, fear, identity, and responsibility of the future as it pertains to education, work, family, and relationship to self.

LESSON #11: SCREWING UP Teens learn the power of taking responsibility, forgiveness, and why they might choose to engage in painful behavior such as drugs, drinking, violence, or sexual assault.

LESSON #12: LEAD BY EXAMPLE Teens learn how helping yourself helps the world, that they are worthy of joy, and how to develop into a sincerely compassionate leader.

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PROGRAM PRICING

Whether you're a club, class, group, school, or program, HMHB Teen Club Zen can work for you! A Group Leader becomes the main point of contact for HMHB. Our digital teaching content supports both Group Leaders and students every step of the way, with the heavy lifting of instruction and lesson planning already done! HMHB TCZ can be done in a semester class or a year-long program. Content is delivered in digital weekly videos and supplemental "adventures" to keep students engaged and encouraged. See below for the Teen Club Zen Program costs. Contact us at hmhbprogram@gmail.com or 805.628.9211 anytime with general questions, special pricing requests, or help with purchasing.

SEMESTER PROGRAM:

This TCZ option is for those who want to "try out" TCZ for a single classroom or multiple classes for a school semester. You receive the first EIGHT LESSONS of TCZ content, delivered digitally, password protected, updated annually. You also receive the option to consult 15 minutes weekly with a certified HMHB teacher.

\$250 (1-25 students)
\$500 (25-100 students)
\$750 (100-250 students)
\$1,000 (250-500 students)

FULL YEAR PROGRAM:

This TCZ option is for those who want to commit to a full year of TCZ for a single classroom, multiple classes, or year-long club. You receive all TWELVE LESSONS of TCZ content, delivered digitally, password protected, updated annually. You also receive the option to consult 15 minutes weekly with a certified HMHB teacher.

\$350 (1-25 students)
\$600 (25-100 students)
\$900 (100-250 students)
\$1,300 (250-500 students)

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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.

