

# 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 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.