

# HMHB Kids Program®

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 simple, yet powerful practices in awareness training, kinetic psychology and character education. Our practices help kids with focusing, calming, “facing & erasing” stressful emotions, and harnessing their innate self-awareness to become more kind, resilient, and intentional people. HMHB uses a variety of materials to engage kids ages 5-12 such as:

- Mini-lesson teaching videos for adults and kids (3 videos a week, 5-10 minutes)
- Accompanying fun & thoughtful worksheets, posters & coloring pages
- Our own children’s books series + supplementary read-aloud books
- Flashcards & songs for character education & relationship building
- Weekly “adventures” to develop positive character qualities
- “Practice Parties” for friends & family to learn too!



Our tools come from over 30 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 both 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 that *everyone* should have. HMHB is here to provide weekly support for your full program, so you’re never left without help, too. When wellness education is the 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 in your body for good!

3

## ADVENTURES

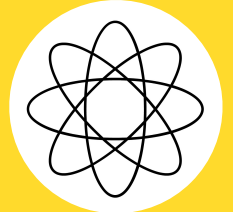
Enjoy helpful weekly stories, videos, reflections, practices, & activities.

## 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 KIDS PROGRAM PRICING

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



**Whether you're an Elementary school, aftercare program, youth group, summer program, or family, HMHB Kids has an affordable program for you.** HMHB Kids Programs are for grades K-6, with two versions: K-3 & 4th-6th Grade.. Your Group Leader will be the main point of contact for setting up HMHB Kids Program for your school or group. See below for HMHB Kids Program costs and all you receive in our comprehensive digital programming. Contact [hmhbprogram@gmail.com](mailto: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:

- \$500 (groups 1-100)
- \$750 (groups 100-200)
- \$1,000 (groups 200-300)
- \$1,250 (groups 300-400)
- 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 cost. Our programs are updated yearly.

### WHAT COMES IN A FULL PROGRAM:

- **3 teaching videos per week, 30 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. For an HMHB certified teacher to come to you it is \$50 per hour plus travel cost.

## THE SUPPLIES — More Tools To Help Yourself

Our **Zen Frog Book Series** (\$20 per book) and extra sets of HMHB **Character Cards** (\$15) can be purchased online in the HMHB Shop. Our **Helping Parents Help Themselves** Learning Video Series is perfect for parents to 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.

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