

WELLNESS PROGRAMS FOR KIDS & YOUTH



The Inner Space



Benefits for students:

- learn concentration, focus and mindful presence
- develop physical and emotional awareness and learn to regulate energy
- exercise curiosity, inquiry, positive thinking and clear communication
- learn tools to support the self and build resilience

Audience:

K-6, 7-8 and high school students

Duration:

45-60 minutes per session

Cost:

\$250 per session, up to 25 students
(\$10 per extra student)

Contact:

For questions or to book, please contact Tanya Porter

- Tanya@theinnerspace.ca
- (647) 891-2805

www.theinnerspace.ca/schools

Overview

Promoting mental health and overall wellness at school can be fun, creative, physically and mentally engaging! Tanya Porter designs and leads school workshops that include activities and exercises that will help children learn and practice valuable techniques for improving and maintaining good health in body, mind and spirit.

Each session can take place inside the classroom or gym, and will be lead entirely by Tanya. Educators can choose one of the following themes for a single session, or combine themes for a longer workshop:

- Yoga and Mindfulness
- Mindfulness & Meditation (for high school only)
- Mindfulness Arts and Crafts
- Rhythmic Reframing: Mindfulness, team work and drumming with African hand drums
- Decorate and play your own Taped Frame Drum: Mindfulness, team work and drumming with your own take away frame drum



WELLNESS PROGRAMS FOR KIDS & YOUTH



The Inner Space

Yoga and Mindfulness – Kid's Yoga Adventures (K-6)

Kid's Yoga Adventures is a fun and creative program that is developmentally customized for each group, and especially designed as a playful yoga adventure story with mindfulness games. The kids practice yoga poses within the story and learn concentration, focus and presence within the game structures. Breathing techniques are also introduced in the class to develop tools for calming the mind and self-regulating energy, along with a guided relaxation at the end of the class.

Rhythmic Reframing (4-8, highschool)

This empowering, inclusive and interactive workshop uses hand drums and percussion. Students are led through a series of rhythmic games and ensemble pieces that will:

- *Explore how to stay present & engaged in each moment
- *Build community & create a sense of connectedness
- *Explore the nature of leadership & support
- *Strengthen listening, expression & responding
- *Explore how leaving space for each other strengthens the whole
- *The nature of positive thinking & its impact
- *Induce relaxation, vitality and JOY!

Mindfulness & Meditation (highschool)

This program offers students the independent tools to meditate themselves, wherever they are, whatever may be happening. Through mindfulness games and activities, students explore the nature of the mind, the effects of positive thinking, the power of the breath, and the senses as tools for focus rather than distraction. The benefits of this work include developing awareness and concentration, inciting curiosity and open-mindedness, and regulating energy through conscious relaxation and self-acceptance.

Decorate and play your own Taped Frame Drum (K-6, 7-8, highschool)

In this fun, creative and hands-on workshop, students will learn the basics of music and the language of rhythm. Students will create their own secret drum code to play, and will decorate their own double-sided, rectangular prism frame drum and stick. This workshop develops team-building, leadership and support, listening, concentration, and so much more. It also offers cross curriculum connections: math (geometry), science (sound) and music. Extra cost of \$9 per drum

Mindfulness Arts & Crafts (K-6, 7-8)

Customized for the grade level, this program offers students the opportunity to use arts and crafts to practice concentration, focus and presence. Students create visual representations of the inner support system via activities such as 3-dimensional finger labyrinth, "I Am" affirmation collages, and personal mandalas creation.

If a focus on unity and diversity is desired, a large group mandala creation can also be done, which will also cultivate team work and inclusivity.

Programs can be customized.
Please enquire.

