



lever id Health & Wellbeing Program Kindy – Year 2

The lever id Health & Wellbeing Program is designed to offset the behavioural problems and learning difficulties experienced by some children, and provides a solid foundation for life and learning.

It supports and enhances the whole wellbeing of children by establishing a balanced body and mind to improve health, behaviour, classroom attention span and academic achievements.

The program educates children to eat healthy, nutritious foods; reduces stress and builds self esteem through play; develops care and cooperation; embraces the senses and focuses on values and lifestyle. Values covered are respect, caring, truth, responsibility, tolerance, choices, awareness, peace and gratitude.

Healthy, happy, balanced children are more open to learning and to reaching their full potential

A high number of children struggling to learn find that food intolerances and allergies hinder progress. When their immune systems are strengthened and

nutritional intake addressed, health and learning improve; in many cases the transformation is dramatic.

Wellbeing begins with a body and brain that is greatly nourished. In the midst of plenty of food, many children are lacking the nutrients needed for optimum brain function as much of today's food is packed with chemical additives and preservatives and are high in fat and sugar.

The lever id Health & Wellbeing Program encourages healthy eating through creation of an organic vegetable garden. It links the growth and nurturing of plants to the growth and nurturing of themselves.

Through play, self esteem and self help exercises the program ensures students are empowered with life long skills and techniques to:

- focus and concentrate
- manage feelings and behaviour
- build and sustain self esteem
- understand the importance of healthy eating
- improve their learning
- achieve balance through nature



By participating in the Clever Kid Health & Wellbeing Program children experience increased health and wellbeing; families become more cohesive and cooperative.

Play and fun produce dopamine in the brain which makes it possible to coordinate actions easily; many children struggling to learn and those with ADD/ADHD have difficulty producing dopamine.

Many of the activities in our program bring children into a state of play, therefore promoting dopamine production.

Activities include:

- grow a vegetable garden
- Brain Gym® movements
- games to build self esteem
- learning awareness and healthy expression of emotions
- appreciating values
- learning skills to handle bullying, teasing, anger and shyness
- breathing and relaxation
- story telling
- music
- art and craft

The Clever Kid Health & Wellbeing Program is a 5 day, full-term program

packaged for schools to self manage with their own staff as trained facilitators. This format allows you to run the program across a range of classes, allowing many children to benefit from the cost of one purchase.

Packed full of rich information, support mechanisms and resources your program includes:

- A facilitator manual complete with overview, program plans, activity notes, resource templates and information sheets
- A 1^{1/2} hour experience of the program including balancing the mind and body, releasing stress **
- Training DVD
- Visual materials to reinforce messages
- Free monthly electronic newsletter
- Free support via our website
- Free parent support evening
- Clever Kid resource kit

**** In person or by DVD depending on locality**

To purchase your program go to our website at www.circlesoflearning.org.au, email your enquiry to info@circlesoflearning.org.au or contact us on (02) 9327 7750.

