



Circles of Learning
02 9327 7750
0438 446 499
info@circlesoflearning.org.au
PO Box 928, Double Bay NSW 1360

Overview

The Clever Kid Health & Wellbeing Program is designed to enhance the whole wellbeing of children; to build a balanced body and mind and provide a strong foundation for life by improving health and academic achievements.

The program was developed for children aged 5-7yrs (Kindy to Year 2) however the content is beneficial for **all** children (and adults too!) regardless of their academic abilities, as most children need some level of support.

The program introduces a balance with nature; encourages the eating of healthy, nutritious foods and reduces stress through play, builds self-esteem and develops care and co-operation.

A highlight of the program is the practical education of health and nutrition through the hands-on creation of a fruit and vegetable garden. Children link the growth and nurturing of plants to the nurturing and growth of themselves and others.

Schools build their own edible vegetable garden with the help of simple instructions; and activities easily integrate with an existing school garden.

Clever Kid is a play program designed to be fun. This is a multisensory program integrating modalities appealing to the different styles of

learning: auditory, visual and kinaesthetic and develop senses and motor skills. It addresses the issues of children's obesity, health, values, poor learning abilities, attitudes and behaviour through play.

Children who miss play and touch have 20-50% smaller brains.
Bruce Perry 'Secrets to Academic Success'

Clever Kid nourishes all the senses by working with colour, art, music, exercise and movement to enhance health and learning abilities. This enables children to release stress and integrate all parts of the brain, the left and right hemispheres as well as the back (memory store) and front (retrieval) of the brain so they are more able to learn.

Ease of implementation and teacher support was a priority in designing this program. Teachers learn skills and techniques to assist children release tension and improve their listening, reading and writing ability. We include signage for use in the classroom to reinforce the values learned.

The Clever Kid Health & Wellbeing Program runs for 30 minutes daily over a full school term.

The Expected Outcomes

We've designed the *lever id* Health & Wellbeing Program to improve academic ability through play, nutrition and nature. Our aims and outcomes include:

- Healthier, happier, balanced children
- Achieving higher academic standard
- Learning the importance of eating healthy, living foods
- Increased focus and concentration
- Skills to manage anger, bullying, shyness and teasing
- Awareness of the environment
- Calmer, less stressed or anxious children
- Living the learned values
- Better cooperation and caring for others

The Advantages of an Integrated Program

Health and play integrate to bring activities designed for children's enjoyment; when there is fun and play involved the brain is receptive to learning.

A safe and natural environment underlies the emphasis on values and attitudes, communicating, decision making, interacting, moving, problem-solving, active lifestyle, games, growth and development, interpersonal relationships and personal health choices.

Play is important to a child's development and learning; it is physical and can involve cognitive, imaginative, creative, emotional and social aspects. Play is the main way children express their impulse to explore experiment and understand. Excessive time on computer games and watching television has isolated children from

playing together and building social skills. *lever id* supports children to get the best out of play.

Play provides opportunities for

- **Communicating** – expressing feelings, needs and wants in appropriate ways
- **Decision making** – identifying some options available when making simple decisions
- **Interacting** – learning to relate well to others in class and play situations
- **Moving** - demonstrates an awareness of how basic movement improves wellbeing
- **Problem solving** – seeks help as needed when faced with simple problems



Benefits

For Schools

lever id enhances the reputation of your school as parents and community members are aware of your extra steps to improve the whole wellbeing of students.

An environment that enhances the wellbeing of the whole school community

lever id encourages collaboration between parents and teachers in working towards the best outcomes for their students. The edible garden provides a positive learning environment as well as a place for reflection and relaxation.

Achieving higher academic performance

Activities bring about the integration of the whole brain, releasing stress and allowing efficient processing and flow of information.

Better social and communication skills

Activities focused on the safe and respectful expression of feelings builds more confident and emotionally intelligent people. How to deal with bullies and manage anger forms an important part of the program and develops self esteem.

Addressing the government's concerns and requests on obesity and values

Tackling obesity is a priority for our current government and forms a key area of lever id. The program teaches the values of choice, responsibility, respect and care of self by eating healthy, nutritious food. The creation of their own organic vegetable

garden embeds the messages for children and offers them a fun and practical space to learn.

Recognising the importance of nutritious foods for health and learning

Health and nutrition is of major importance to brain function and your inclusion of the lever id Health & Wellbeing Program shows your commitment to partnering with parents for the nutritional education of their children.

For Teachers

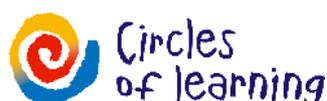
lever id helps to create positive energy in the classroom before key learning times. Children are free of stress, happy and ready for learning.

lever id saves teachers time

When a child is coherent there is natural curiosity and the mind is focused in a learning state, meaning less time spent to settle them. Children arrive with their energy centred and their brain fully oxygenated ready for learning.

Exercises activate both sides of the brain and enhance their experience of whole-brain learning.

This program links with many Key Learning Areas and reduces the need to cover them in other activities.



Components of lever id

The Edible Garden

The edible garden offers a unique place to play and gain the pleasure and stimulation of nurturing plants. Using food systems as a unifying concept students learn how to grow, taste and recognise nutritious seasonal produce.

Linking the garden with what the children eat develops a deep understanding and appreciation of how nature sustains life and promotes the environmental and social well being of the school community.

Breathing & Relaxation

Breathing, relaxation and meditation can create a renewed sense of motivation and wellbeing. It facilitates unwinding and slowing down and is an effective way to help children cope with anxieties and stresses at both personal and academic levels.

Brain Gym®

Brain Gym® uses simple movements to enhance learning ability by integrating the brain for eye, ear, hand and whole body co-ordination.

It facilitates achievement of mental potential by promoting efficient communication among the nerve cells and functional centres of the brain and body. Brain Gym® allows information to flow freely among these centres, reducing stress and enabling a learning state.

Music & Song

With active participation through singing and movement a child can learn to coordinate their body and mind. This medium can have a profound effect.

Self Esteem

Self esteem brings a positive attitude towards life and self perception and is imperative to the support of good eating habits, a desire to be healthy and a want to learn.

With lever id children learn to empower themselves and others; counteracting violence, alcoholism, drug abuse, eating disorders, school dropout, teenage pregnancy, suicide and low academic achievement.

Art

Art activities build imagination and balance the brain's energies spent on logical left-hemisphere activities. Children often find it difficult to understand and retain logic, leading to stress, overwhelm and learning difficulties for many.

Organic Food Snacks

There is a direct link between nutrition and academic success. Food allergies hinder brain performance and symptoms can manifest as eczema, tiredness and lack of concentration among others. Allergies also link to behavioural disorders including ADD and ADHD.

By providing organic fruit and vegetables and eliminating the foods that commonly cause intolerances, you enhance children's learning ability and mitigate eating problems.

Story Telling

Story telling builds on the activities and reinforces values. It links with the self and empowerment through stories of hope and challenge, positive interaction and feelings. Stories commit values to memory long after facts and figures fade.