



MINDFUL MINDS

In-school Program



We teach children resilience,
self regulation and focus
through mindful movement.

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About Us

MFM Mindful Minds helps children develop resilience, emotional intelligence and gives them self-management tools through discussion based lessons, mindful movement and FUN! Through this, children are more able to better identify their feelings and emotions which helps them respond calmly to triggering situations.

At a time when stress in Australian schools is on the rise, mindfulness in the classroom is a great benefit to children's mental health and well-being. Today's students have more and more external stimuli coming from all directions and these classes encourage the development of strength, balance and flexibility as well as mindfulness, calmness and positive body awareness.

Kids in pre-kinder through to year 4 are taught yoga through storytelling and play. We incorporate games, crafts, music and guided meditation as we introduce the basics of yoga and mindfulness.

As children reach year 5/6 and secondary school, a typical class is more discussion based with an emphasis on preparing students for high school and beyond , however we still have a bit of fun with some movement, games and a guided meditation to help give kids a break from the "hurry-up" life they're typically exposed to.



What We Do?

In-School Programs

- Students build awareness of their social, emotional and physical health and well-being through movement, focused attention and mindfulness.
- Delivered by an expert educator
- 6, 8 or 10 week program taught in school side by side with your classroom teacher.
- Students improve:
 - *positive mental health*
 - *inner strength and body awareness*
 - *self esteem and confidence*
 - *self acceptance*
 - *self control and emotional intelligence*
 - *resilience and growth mindset*
 - *healthy habits and life choices*
 - *physical strength and flexibility*

Benefits

- Reduce anxiety and improve your school's well-being
- Increase resilience and self-regulation as well as ability to focus
- Improve academic outcomes



Meet your LEAD EDUCATOR

Bessy Vazzocchi

Certified Mindfulness Coach
Certified Yoga Teacher
Certified Fitness Coach
Certified Pre & Postnatal Yoga Teacher
Certified Kids Yoga Teacher
Author



Bessy has over a decade of experience teaching yoga and mindfulness in schools, studios, wellbeing centres and community centres across North America and Australia. She has worked with hundreds of children, teachers and families specialising in Social and Emotional Learning (SEL).

Bessy believes that any human being, young or old, has the power to regulate their emotions and better respond to triggering or stressful situations.

Mission Statement

I believe mindfulness and self-regulation tools should be offered to children in all schools across the world.

My mission is to improve the lives of all children by giving them access to tools and skills that can help identify their big feelings, teach them resilience and self-management for the classroom, the community and their home.

Our Programs

The Road to Resilience

Students build awareness of their social, emotional and physical health and well-being.

Through discussion based learning, mindfulness and movement, students learn tools and skills to manage big emotions and develop resilience.

Move, Grow and Flow

Students improve their strength, flexibility, balance, coordination and stability through movement. This program develops fundamental movement skills.

School Transition Program

Best suited for years 5&6, this program helps student transition to high school. Students develop their awareness and increase impulse control, focus and empathy. The program also teaches students to pay attention to their experiences in a non reactive way through mindfulness techniques.

**the programs can be run with or without yoga and mats are provided.*

Values and Tools

Values

All of our programs are aligned with the Australian Schools Values. Each week we focus on a new value.

These include but are not limited to:

- integrity
- respect
- responsibility
- honesty
- inclusion
- compassion
- resilience
- gratitude

Tools

Each week the students are given a different tool to help deal with the upcoming challenges of adolescence and adulthood:

- Self-confidence
- Managing big feelings
- Communication + cooperation
- Leadership
- Positive self-talk
- Growth Mindset
- Healthy risk taking
- Empathy

**the programs can be run with or without yoga and are tailored to various ages appropriately.*

Family Days + Resources

Supporting the parent/carer community

MFM welcomes schools to invite their parents/carers to view the program.

The educator will invite the parents/carers to participate with their child in the movement and mindfulness activities and games.

We will give them fun activities they can also do at home to help bring a sense of calm and build stronger connections.

Just let your MFM educator know which date you'd like and we'll help promote the day!

Free Resources to use at home and in the classroom

We provide free resources to expand the knowledge of SEL and physical learning for both the home and the classroom. Just ask your educator for these FREE resources and we will send you a PDF or provide you with a printout to display.

Program Delivery

SCHOOL WELLBEING PROGRAM

Duration: 6, 8 or 10 weeks

Price: \$120 per class

WELLBEING WEEK

Duration: 1 lesson a day for 5 days

Price: \$100 per class

WELLBEING DAY

Duration: one day

Price: \$135 per class





Teacher Wellbeing Programs

Mindfulness to support wellbeing for teachers

Our sessions help manage stress and promote physical and mental wellbeing. Bringing mindfulness into your classroom or workplace is a proactive step towards providing a productive, engaged and healthy working environment.

We offer classes both onsite or virtually and can work them into your lunch breaks or before/after work.

Now more than ever, it's so important to prioritise your own wellbeing. They say, when you're in an emergency situation on an airplane, you put your own mask on first before helping those around you. A clear and focused mind is an efficient one!

We give resilience tools that promote wellbeing and the ability to bounce back from the stressors of work and life.

Includes: In person workshop, morning/afternoon tea snacks and a 30 minute yoga session (mats provided)

Duration: 2 hours

Price: \$45 per person



Thank You

Contact US

We'd love to hear from you!

Our teachers are passionate about wellbeing and working with students and school communities. Each of them have undertaken comprehensive training to adapt to their teaching. You're welcome to ask questions, takes notes AND participate in the lessons.

Program coordinator and
lead teacher:
Bessy Vazzocchi

Email us:
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Call us:
0452 449 722

Let's get social!
Instagram: @mfmbybessy