

BECOME A FULLY QUALIFIED

KIDS YOGA, MINDFULNESS & SENSORY PLAY TEACHER TRAINING



PREPARED AND PRESENTED BY

PATRICIA MADDALENA FOUNDER OF WIGGLEBUMS/KIDS AND LEAD TUTOR

WELCOME TO WIGGLEBUMS!

COURSE AIMS...

This Kids Yoga, Mindfulness and Sensory Play Teacher Training will enable you to teach preschoolers (aged 2-4) and their parents in independent classes or within nursery & pre-school environments and also teach primary school children (age 4-12) within school, after school clubs and independent classes. With additional training in how to run classes online and run Birthday Parties.

You will learn;

- WiggleBums/Kids class templates for each age group and various settings
- Child-centred modified yoga poses for the developing child's body
- Children's Anatomy and Physiology
- Children with Additional Needs
- Yoga Philosophy for the Modern World
- Mindfulness and Meditation
- How to sequence and create a yoga flow for various age groups and settings
- How to design an inclusive lesson plan
- Breathing techniques for self-regulation
- Storytelling
- Sensory Play
- How to establish and run a successful kids yoga business

After completing this training to a standard of excellence, you will receive the WiggleBums 95 hr Children's Yoga, Mindfulness and Sensory Play Teacher Certificate.

"Jumping in to WiggleBums was one of the best decisions I've made. It's been a priceless, hugely rewarding experience so far and it's only just beginning!"

WHAT'S INVOLVED

This training usually takes people around 12 weeks to complete. But it is entirely up to you how you choose to do it. Each week includes 4 - 6 hours of course material for you to complete, along with assignments and practice classes making the running time of 95hrs.

Modules include video tutorials, downloadable manuals, mindfulness activity packs, lesson plans, wigglebums yoga cards, as well as live check-ins with our lead tutors.

The training days and times are up to you. You can learn at your own pace and repeat tutorials and practices as often as you like. We are here to support you as and when you need.

You are invited to attend one of our 'Book Review' online gatherings where we can share the books we have read with other teachers across WiggleBums and LushTums.

You are also invited to our consolidation weekend. This will enable you to meet your teachers and other trainees and consolidate your learning.

These weekends are fabulous not only for our practice but for our soul! They are highly recommended!



HOW IT WORKS...

The course content is on our online hub and includes;

- WiggleBums Teachers Manual
- WiggleBums/Kids Yoga Poses 2 - 12 years
- Children's Anatomy & Physiology manual
- History of Yoga & Philosophy manual
- All modules, video tutorials, audios & meditation scripts
- Direct access to lead tutors and invites to live video chat events to ask questions and get feedback
- Access to the private Facebook group for trainees
- At the end of the course, you'll submit your final assignments in which your teacher will provide personal feedback on your teaching
- Once completed to a standard of excellence you will receive our 95hr WiggleBums/Kids 95 hr certificate
- You will have access to the WiggleBums/Kids Yoga, Mindfulness training for the life of the course.
- The course and all included materials are accessible anytime and can be completed on your schedule, across computers and mobile devices

COURSE OVERVIEW

Module 1:

In this module, we introduce ourselves and take a look at the course schedule including the introduction to WiggleBums, the format and the various settings you can teach.

Module 2:

An exploration into the yoga philosophies for a modern world and how this informs our classes and how you teach.

Module 3:

Child's anatomy and physiology

Module 4:

This week we introduce the warm-ups and yoga poses for your children's yoga class. Children's modified yoga moves.

Module 5:

How to sequence and create a yoga flow for various ages and abilities

Module 6:

Storytelling and yoga flow

Module 7:

Sensory play and resources

Module 8:

Breathing techniques for self-regulation
Partner poses, games and mindfulness activities

Module 9:

How to deliver meditations effectively and safely

Module 10:

Building Better Brains
In this module, we examine how the brain develops during childhood and how environmental factors can impact on a child's behaviour. We look at the developmental milestones and how language, mindfulness and meditation can have a positive effect.

Module 11:

Children with Additional Needs & Behavioural Difficulties such as Downs Syndrome, ADHD and Autism
In this module, we explore the various needs of children with additional needs and how yoga, mindfulness and meditation can help day-to-day.

Module 12:

Delivering a full WiggleBums class - How to adapt your class for various ages and locations - Nursery's, Schools, Independent, online classes & birthday parties

Module 13:

Mindfulness & Meditation
You will learn our unique meditation that quite literally rewires the brain building a positive growth mindset.

Module 14:

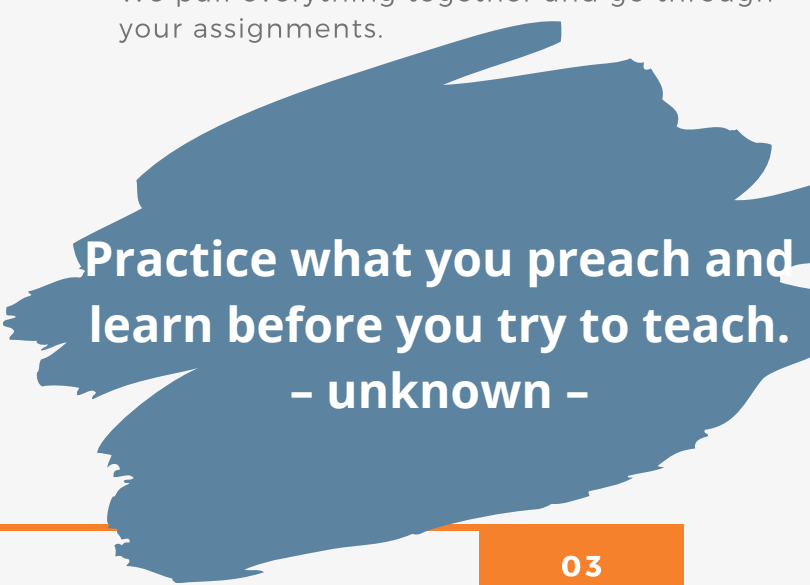
Pregnancy and Postnatal Mummy's
In this module, we go through the safety protocols when you have a mum or teacher in your class that is either pregnant or postnatal

Module 15:

How to establish and run a successful Children's Yoga & Mindfulness Business

Module 16:

We pull everything together and go through your assignments.



**Practice what you preach and
learn before you try to teach.
- unknown -**

EFFECTIVE TEACHING PRACTICES

These in-depth modules are a complete 'train the trainers' package designed to help you become the best teacher you possibly can.

Jam-packed with lots of insights so you can short cut years of 'learning on the job' to be able to facilitate inclusive, fun and engaging classes.

Module 1: Mastering the Program

Module 2: Safe Practice

Module 3: Informing Participants

Module 4: Venue/Room hire

Module 5: Resources Needed

Module 6: Setting the scene

Module 7: Guidelines

Module 8: Teaching from the Heart

Module 9: How to talk so kids will listen

Module 10: Guiding meditations

Module 11: Dealing with challenges

Module 12: Wigglebums/Kids Pre-suppositions

"You're part of a family so there's that safety net and you're not out there alone.

I highly recommend the training!"





ABOUT OUR BUSINESS PACKAGE

The first 6 months of any business is always tricky and so our business package is designed to help you launch your business successfully.

- WiggleBums Brand
- Business Set-Up Guide - everything you need to know from tax-related HMRC information to how to pick a venue, create a successful online presence and online classes to social media and marketing hacks.
- Access to our UK wide School, MAT's LEA DataBase - Direct emails, and marketing contacts.
- A dedicated page on our website
- A bespoke 3-year business plan
- Monthly group business strategy sessions with a senior member of the team to help you focus and grow your business to its full potential supporting you in making those trickier business decisions as and when they arise.
- Access to all email templates for schools and nursery's, contracts, new family forms, new child forms, new school forms, risk assessment forms and invoice templates.
- Marketing Videos
- Access to beautifully designed artwork flyers, posters, banners, magazine ads, and Instagram images for you to use on social media and in your marketing campaigns.
- Marketing Templates for you to add your own info/flyers/posters/banners/
- Bespoke Marketing Video of you teaching your classes
- Inclusion of the WiggleBums & LushTums Teachers Private Facebook Community ensuring you receive updated news and research to keep you on top of your game and giving you that extra layer of support from all the experts here at HQ.
- Live monthly group business strategy online sessions. It is wonderful to connect in with all our amazing teachers from both WiggleBums and LushTums who have gone through everything you are about too, gain their emotional support, knowledge and wisdom. You are about to be part of something really special.

OUR MISSION

WiggleBums aims to provide a complete approach to raising children by safely supporting families and schools throughout the first few vital years of a young person's life.

We recognise that every child and their family is unique, and understand that the range of opinions and attitudes towards parenting and raising children is varied, and so we offer that very needed extra layer of support empowering and enabling our families and schools to consciously shape and encourage our next generation.

Through our classes, children, families and schools learn key life skills that are missing from our day to day lives. As soon as we start to apply them off the mat, the connections we make, the relationships we form, blossom.

Each layer, each WB's element has its roots not only in traditional yoga practices and philosophy but also in child psychological development and mindfulness.

WIGGLEBUMS UNIQUE METHOD

Following a familiar format each week and exploring different themes, each class includes warm-ups, yoga poses, storytelling, mindfulness and sensory play with music from around the world so that children will;

- Develop their language and social skills
- Build their strength and flexibility
- Provide them with emotional regulation tools
- Increase their body awareness, balance, and coordination

Going beyond regular children's activity classes, WiggleBums helps parents and carers connect with their role as guides and mentors. Through music, movement and play, these classes promote healthy ways to talk, listen and be with our children, and support and guide them in their emotional and mental development.

We recognise how formative these early years are and the impact it can have on our adult lives. WiggleBums embodies the approach of connection and not control and welcomes all students to become more confident and self-aware.

They say it takes a village to raise a child, WiggleBums is our modern-day approach to helping create the community, security and love that the traditional village or extended family would have provided.





WHAT HAPPENS IN A WIGGLEBUMS CLASS?

Sensory play and mindfulness games are a huge part of our classes. We use a range of resources sparking the children's imagination and encouraging them to move, be aware of their bodies and the space they are in.

Adults, including teachers, are actively encouraged to participate throughout, creating the space for some laughter and play, deepening the connection with the children and themselves.

As a trained WiggleBums/Kids teacher, with your expertise in the use of clean language and behaviour, you will be able to see and gently encourage the bond to grow between the child and parent/teacher which will allow the children's strengths and talents to flourish, giving them space to safely express and be seen in the world, building their self-esteem from the inside out.

It's so much fun the children tend to bring the practice back into their own home, sharing it with the rest of the family. That's got to be a good thing!



Nearly 1 in 10 children aged 5 to 16 affected by a mental health problem



WIGGLEKIDS

WiggleKids is structured within Key Stage 1 & 2 and focuses in on specific yoga poses that are modified for the developing child's body, promoting balance and building strength;

We use an extensive range of mindfulness games and self-regulation techniques providing them with easy to use tools that they can use every day enabling them to feel more confident in what they do and who they are; as well as stimulating a natural curiosity in their own health and well-being.

Children are forming beliefs, judgements and opinions from gestation to the age of 7 and then reinforcing them through experience. They will already have a map of their world that they reference and make decisions from, albeit limited and may already have a very negative view of themselves and their place in this world.

WiggleKids aims to create a safe space for each child to just 'be' without the labels or any preconceived ideas or judgements. It's from this place that they will be able to take root and grow into the magnificent beings we know them to be.

Remember, reality is simply a point of view, so through our unique method of Meditation and Mantra we can help children change their perception of themselves and their abilities, reinforcing the good in each and every child.

"The primary cause of unhappiness is
never the situation
but your thoughts about it."
- Eckhart Tolle -

CHILDREN WITH ADDITIONAL NEEDS

Our classes have been carefully crafted so they are beneficial and safe for all children including those with emotional and behavioural difficulties EBD, children with additional needs such as Downs Syndrome & Cerebral Palsy,

You will be teaching in a variety of settings and so you will meet children with many different kinds of needs.

This in-depth module explores the various needs of children and how yoga, mindfulness and meditation can help day today.

We look at what these labels mean, where they come from and how to help lessen the symptoms.

All children with additional needs will experience varying levels of stress and anxiety day-to-day so by providing them with some tools that can help them is key.

All of these sensory integration techniques such as yoga, mindfulness, meditation and the breathing exercises will give them some precious skills they need to navigate life just that little bit easier.

- EBD
- ADHD
- ADD
- Dyslexia
- Dyspraxia
- Downs Syndrome
- Cerebral Palsy
- Autism Spectrum
- Asperger Syndrome

EXPLORING THE SENSES

As well as exploring sleep deficit and how that can affect children and their behaviour we also uncover the lesser well known extra 3 senses and how we can activate and strengthen our perception of them.

- Vestibular
- Proprioception
- Interoception

These systems play a huge part in building a deep understanding and an awareness of self and other.



MEET THE FACULTY

PATRICIA MADDALENA is an NLP Master, Trainer, Integration Therapist and Mindfulness Teacher and studies neuroscience, metaphysics and human psychology. A Teacher for the international platform IAUSM and best selling Amazon author in the U.S.A and the U.K she has written and developed this course with her sister Clare, combining their expertise to bring you a thorough and comprehensive training in yoga and mindfulness. Mum of three, she applies the tools she teaches in her own family, witnessing the profound effect it has on their emotional, mental and physical health and well-being. She specialises in the laws of the mind and the biology of belief and how we can positively influence ourselves and others.

CLARE MADDALENA has been teaching yoga since 2003 and specialised in pregnancy and postnatal yoga in 2007 after the birth of her first baby. She has personally taught over 5000 women and LushTums as a whole have taught over 56000! Clare is a doula and mother of two. She set up LushTums in 2013 and co-founded WiggleBums in 2017.

LISA HALL is Dance Voice trained and has been working with and developing movement and dance for pre-schoolers for over 10 years. We are excited to be able to have her as one of our team to share her expertise in sensory play for under 5's.

TRACY DERRETT is a WiggleBums/Kids Yoga and Mindfulness Teacher. Tracy has over 9 years of experience as a primary school teacher and specialises in teaching children with Additional Learning Needs, Emotional and Behavioural Difficulties. Tracy believes that yoga and mindfulness are key tools that can be used to help children connect back into their physical and emotional bodies. It can provide them with a vehicle to navigate big, sometimes huge, emotions and events in their young lives.

TONI ROBERTS is a specialist in yoga history & philosophy and also yoga for mental health and counselling. She delivers a fascinating module on Post Natal Depression (PND) and Post Traumatic Stress Disorder (PTSD) and how traditional yoga practices can have a profound and positive effect on modern-day families. Toni takes you on a journey through the foundations of traditional aspects of yoga practices.





FAQ

Tuition cost of the complete WiggleBums/Kids training

£1200

THE BUSINESS PACKAGE COST

£600

WHAT FORMAT IS IT?

This is a digital product with full live support from the teaching faculty. You access all the tutorials from the website. You can access the package straight to your computer all you need to do is log in.

WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Email trish.maddalena@wigglebums.uk

FAQ

WHAT YOU PUT IN YOU GET OUT



FAQ

WHAT CAN I DO WITH THIS PACKAGE?

You can train with us and use our brand to launch your new business or you can use your own brand and have the wiggleBums stamp of approval. You can use the complete WiggleBums/Kids format to launch your classes in schools, nurseries and independent classes, online and out in the real world.

WHAT CAN'T I DO WITH THIS PACKAGE?

You cannot publish the materials publicly (online or offline) or resell the package as it is. For example, creating your own yoga teacher's training course from these templates and offering it under your brand is not allowed.

To register or book in for a discovery video call

trish.maddalena@wigglebums.uk