



# Yoga & Mindfulness for Nursery & Primary Schools

“It takes a whole village to raise a child”

Igbo and Yoruba (Nigeria) Proverb

## Welcome!

WiggleBums/Kids is a playful yoga, mindfulness and meditation class for Key Stage 1 & 2, and WiggleBums wraps snugly around the Early Years Framework providing lots of opportunities to develop physically, emotionally & mentally.



Each layer of the WiggleBums/Kids class develops important brain structures and neural pathways. Enhancing spatial awareness developing all of the senses as well as increasing language and communication skills.

Through the use of movement, mindfulness, visualisation & breath work, each child will grow from the inside out; developing concentration skills and self awareness. This is a very powerful way to create a positive growth mindset, building confidence and deepen the connection to self.

“After doing 10 weeks of classroom yoga, a University of Massachusetts study published in 2014 showed overall improvements in children’s social interactions with classmates, attention span, academic performance, ability to deal with stress and anxiety as well as boosting their confidence, self-esteem and overall mood.”

## Our Mission

WiggleBums/Kids aims to provide a complete approach to raising children by safely supporting schools throughout the first few vital years of a young person's life. We recognise that every child is unique, and understand that the range of opinions and attitudes towards raising children is varied, and so we offer a layer of support to each school empowering and enabling them to consciously shape our next generation.

The WiggleBums/Kids training is comprehensive and inclusive of children with additional needs so you can feel safe knowing that all children, no matter what their background, can actively join in.

Through our classes, children learn key life skills that have roots not only in traditional yoga practices and philosophy, but also in child psychological development and mindfulness. Going beyond regular children's activity classes, we encourage all teachers and carers to fully participate in the class, giving them the opportunity to reconnect with themselves and their role as teachers and guides. 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, mental and physical development as well as enhancing a teacher's tool box.

We recognise how formative these early years are, and the philosophy behind WiggleBums/Kids is to help children identify and express their range of emotions, allowing them to become more confident and self-aware. They say it takes a village to raise a child, WiggleBums/Kids is our modern day approach to helping create the community, security and love that the traditional village or extended family would have provided.

[According to the Mental Health Foundation there are nearly 1 in 10 children aged 5 to 16 affected by a mental health problem including; stress, anxiety, depression, conduct disorder & is often a direct response to what is happening in their lives.](#)

## Our Aims

We all know just how unpredictable life can be and how each individual child handles their journey is unique to them. There are all sorts of scenarios and situations that could impact heavily on a child's mental and emotional health. From long-standing educational difficulties, ill health, divorce, poverty, homelessness, bullying, to family members suffering from their own mental health issues, to alcohol and drug abuse.

Our aim is to provide all children access to appropriate interventions using the yoga practices of breathing (pranayama) moving (asana), hand gestures (mudras) relaxation (savasana and yoga nidra), visualisations and mindfulness. These life skills will hopefully be the tools they need to help prevent any issues becoming a huge mental health problem later on in life.

When it comes down to it, we all want similar things in life such as feeling loved, trusted, understood, safe and valued and this isn't always found in the home. The next best place is within the school, where some children can spend up to ten hours a day.

WiggleBums/Kids aims to supply the life skills & psychological tools that can help the children manage their feelings, stay connected to who they are, remain focused on what they wish to achieve and grow the mindset that will take them there. Prevention is far better than cure, so we have a daily opportunity within each of the classrooms to create and shape the kind of mentally and emotionally balanced individuals we need in this world.



## What happens in a WiggleBums/Kids Class?

We acknowledge how formative these early years are, and how easy it is to make or break a child; and just how tough it can be to teach day in and day out, children from all walks of life. And so WiggleBums/Kids has been designed so both teacher and child can benefit from the class.

The WiggleBums/Kids class is designed to empower and enable both teacher and child for years to come, building confidence and deepening the connection to self as well as overriding any negative beliefs they have taken on and hard-wired in so far; eliminating stress and anxiety & reducing peer aggression..



### **The class can be broken down into these main sections:**

- \* Hello Circle
- \* Arrival Meditation and Mantra
- \* Yoga Flow
- \* Sensory Play/Yoga Partner Work
- \* Mindfulness Game
- \* Savasana - Meditation

WiggleBums/Kids provides lots of opportunities to develop physically, emotionally & mentally, stimulating a natural curiosity in their own health & well-being. And, because we follow strict safety guidelines you can feel confident that we are always safeguarding our students to the latest protocols and safety standards.

Each WiggleBums/Kids class is designed to take the children on a journey of self-discovery. A series of practical yet fun poses & mindfulness techniques designed to work steadily with the children, establishing a positive growth mindset and enhancing emotional well-being; giving the children a set of tools and life skills they can use throughout their life and into adulthood.

## Who can Benefit from a WiggleBums/Kids Class

We are looking for Nursery's, Primary and Secondary Schools with passion, drive and a desire to lead the way in helping create an environment where positive mental & emotional health can flourish.

We have taught people from all ages and from all walks of life; from those with no previous yoga & mindfulness experience at all to expert yogis. So, if you think your School or Nursery would benefit from these very special and unique Yoga & Mindfulness Classes then please get in touch.



[Our experienced teachers come from a variety of backgrounds - you can benefit from our combined knowledge and expertise in yoga, mindfulness and meditation.](#)



## Investment

**Nurseries** - 1hr of yoga, mindfulness and sensory play - up to 15 in each class - 18 months to 4 years £60 - 2 x 30 min class - £2 per child.

**Primary Schools** - 1 hr of yoga, mindfulness & meditation - up to 15 in each class - for 5 -11 year-olds £75 - 2 x 30 min class. £2.50 per child. Breakfast, Lunch, After School & Holiday Club Classes Available.

Full Day of Yoga & Mindfulness for the whole school - starting from £275.

Classes are adaptable depending on age and current focus in the school curriculum.

Prices may vary depending on location, number of children and duration of class.

Some schools have funding to pay for these kind of activities, whereas others offer these as additional sessions and the parent contributes. We can supply posters and leaflets to share with the parents the wonders of WiggleBums/Kids, to get them excited and curious. We can accommodate an extra 5 children per session at an

additional cost of £3.00 per child which will be added to the quoted price. A £25 deposit is required with the balance paid on or before the sessions start. A 50p mileage contribution will be payable if your nurseries or school is outside a 10 mile radius of the WiggleBums Teacher's base, which will be discussed on booking.

Thank you for your interest in our WiggleBums/Kids Class.

For more information - <http://www.wigglebums.uk/nurseries--schools.html> or email us on [trish.maddalena@wigglebums.uk](mailto:trish.maddalena@wigglebums.uk)