



Wellbeing through yoga, storytelling and creativity

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Hello!

We were thrilled to hear about the developments your team are making on the wellbeing department in your school.

Children who have higher-self esteem and emotional literacy are more likely to achieve better results in their learning.

As an experienced primary school teacher, a mother, with a lifelong career devoted to the happiness of children and a strong team, we created this wellbeing programme for schools.

In this booklet you will learn all about the sessions and how they will support your pupils. You can also **book a free taster** session with me by emailing **hello@crazybeanz.co.uk** or calling **07955 854 881**.

Enjoy your first Well BeanZ journey.

Gemma and the CraZy BeanZ team



Developing
self-esteem
and **mental**
health is
proven to
lead to **higher**
attainment



Cross Curricular

- PE
through
yoga
- Art
- Drama
- Music
- Personal
and social
education



What are Well BeanZ sessions?

Well BeanZ are *weekly wellbeing sessions* for children.

Yoga, storytelling and mental wellbeing are at the core of every session. Children learn so much about themselves through play. This is why storytelling and adventure play such a big role in every session.

Each session:

- includes yoga
- has a mindfulness section
- involves drama and storytelling workshops
- will include either music, art or dance
- is pitched to the age and developmental abilities of the children
- explores big emotions and coping mechanisms
- promotes confidence, creativity, collaboration and communication
- is a warm, welcoming and FUN environment

Who are the Well BeanZ sessions for?

Tailored

Children aged 2 to teen will benefit from these sessions. We plan around the ages and abilities of the children in attendance to ensure it is accessible to all.

The curriculum supports additional needs and can be tailored to support the individual requirements of your pupils.

We can deliver these to classes of up to 30 or in small focus groups.

Wellbeing focus is such an important life skill. So many children are crying out for it, but we believe EVERYONE should be entitled to a wellbeing education.



PPA Cover

Assessment of each pupil provided for these sessions



Why we do this

How do these sessions benefit the children?

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Here at CraZy BeanZ we want to give children the tools they need to grow into healthy happy adults. Yoga, mindfulness and learning through play are all great devices to help children with their physical and mental wellbeing. Children should improve their self-regulation, which can reduce stress and enhance attention, leading to higher attainment.

YOGA

Physically, yoga builds strength and endurance as well as sense of balance. All areas of development within a child's anatomy is supported including; the skeleton, the joints, flexibility and balance, the muscular, respiratory, cardiovascular, nervous and endocrine systems. Hormone regulation, the immune system, the digestive system, nutrition, and how kids must have their basic needs met.

Psychologically, yoga helps boost children's self esteem and confidence. The practice can also help young minds focus and lessen their sense of stress. Anxiety and worry in children is a growing concern. Yoga can teach them helpful ways to relax and re-centre.

With an emphasis on breath and focus, the benefits of yoga can spill over into other areas of children's lives. For example, it has been found that yoga can help children with ADHD manage their behaviour at school and even improve in their learning.

MINDFULNESS

Research shows that **mindfulness** is linked to lower stress and anxiety, and improvements in self-control, attention, resilience and better academic performance.

Storytelling

Storytelling helps children with their emotional development by giving them the language they need to be able to express themselves. Through the power of storytelling, the children are able to experience and understand a variety of big emotions, linking them to their own experiences.



Session details

We have a variety of options to suit your school's timetable.

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- The duration of the sessions are 45mins -1hr. We can adjust this to suit your schedule.
- Up to 30 children can attend each session.
- For multiple classes we have half-day and full-day options.
- Every session includes; yoga, mindfulness, drama and a focus area.
- Each session will include **one** of the following; art, music or dance.

	One session per day	Half day 9-12pm	Full day 9-3pm
One Term	£250	£350	£500
One academic Year	£675	£945	£1350
Before/after school provision-term	£280	£370	£600
One off	£110	£150	£200



"Hello I am Gemma.

I create all the content and training within the company.

Prior to setting up CraZy BeanZ, I taught as a primary school teacher. Before that, I was a children's entertainer and professional performer. I have also had experience in management and training.

Pulling all these skills together along with my passion for creativity and wellbeing in children, CraZy BeanZ was created."

Who are the CraZy BeanZ?

CraZy BeanZ was founded by Gemma Parker. Starting with children's entertainment, storytelling and drama, the company has continued to grow and develop, delivering a range of story centred services.

Delivered by a team made up of professionally trained actors, teachers and parents.

- Our combination of expertise means every event is packed with rich and unique content.
- We are experienced in engagement and modelling strategies, which are utilised in all performances and training.
- The team are in continuous training, keeping our skills fresh and our material ever evolving.
- Parents always remark on how captivated the children are from start to finish.

The CraZy BeanZ concept is the reason we were awarded Most Unique Children's Entertainment Providers in West Sussex for 2019 and 2020's Global Hospitality Awards.



Book a taster session

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We understand you will want to learn more about these sessions before adding us to your curriculum.

You can book a free taster session to see if the Well BeanZ sessions will benefit your children.





See your children flourish
at our events!



www.crazybeanZ.co.uk

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@crazybeanzLtd

