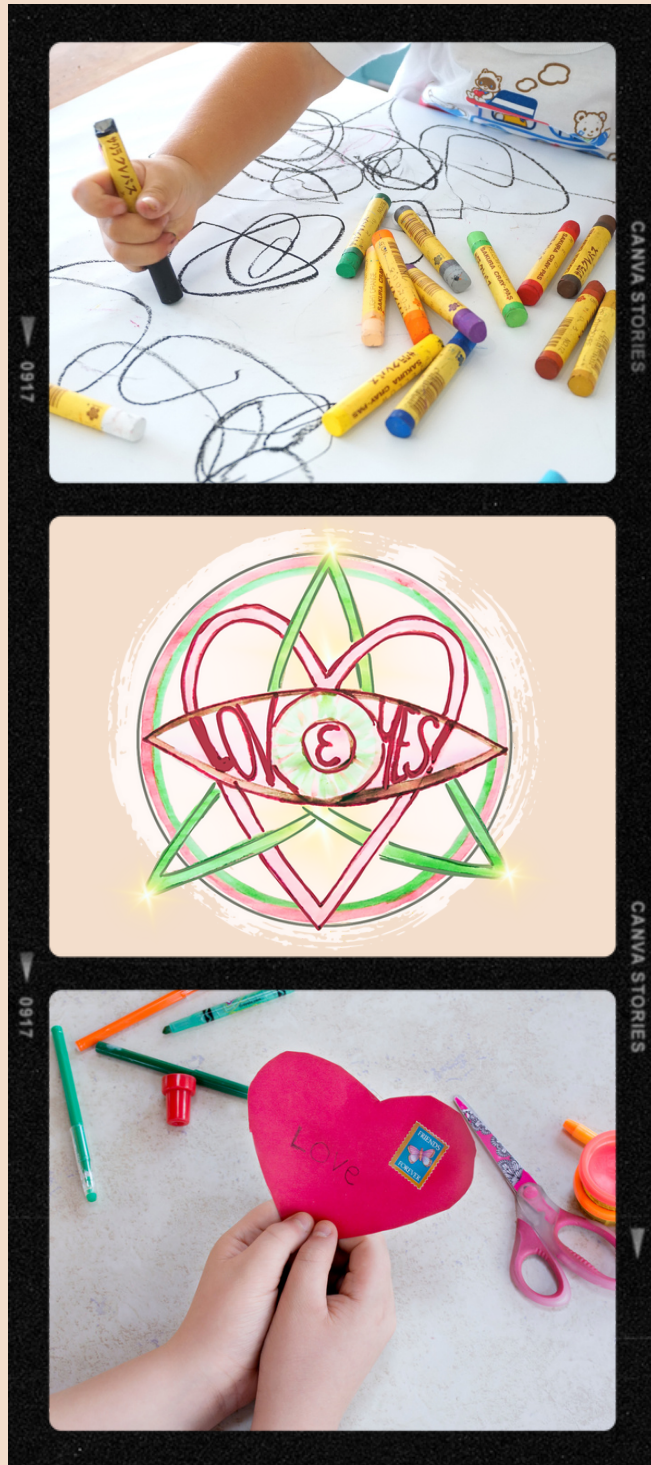


Love-Eyes Little Learners

Heartfelt Mindfulness

for Kids in
Schools & Afterschool Activities





Are your students/children sometimes imbalanced and nervous?

Are your students/children sick often?



Do your students/children suffer from school anxiety?



Do your students/children often seem overwhelmed and complain?

Do you wish your students/children were kinder to each other?



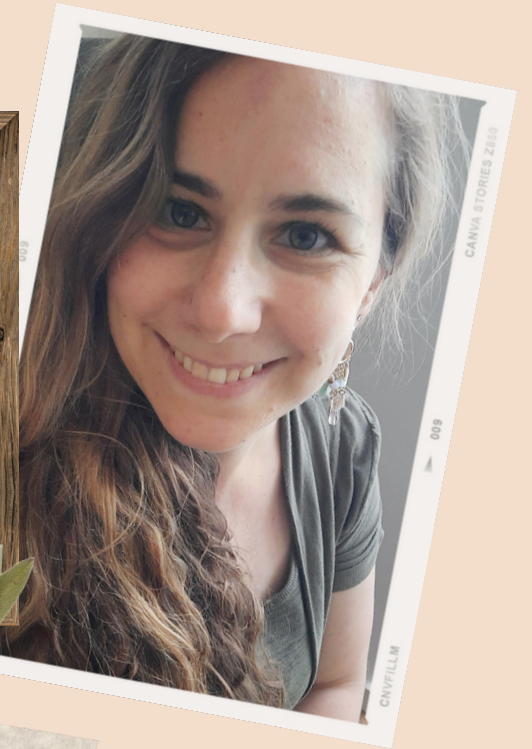
Do your students/children struggle with regulating their emotions?

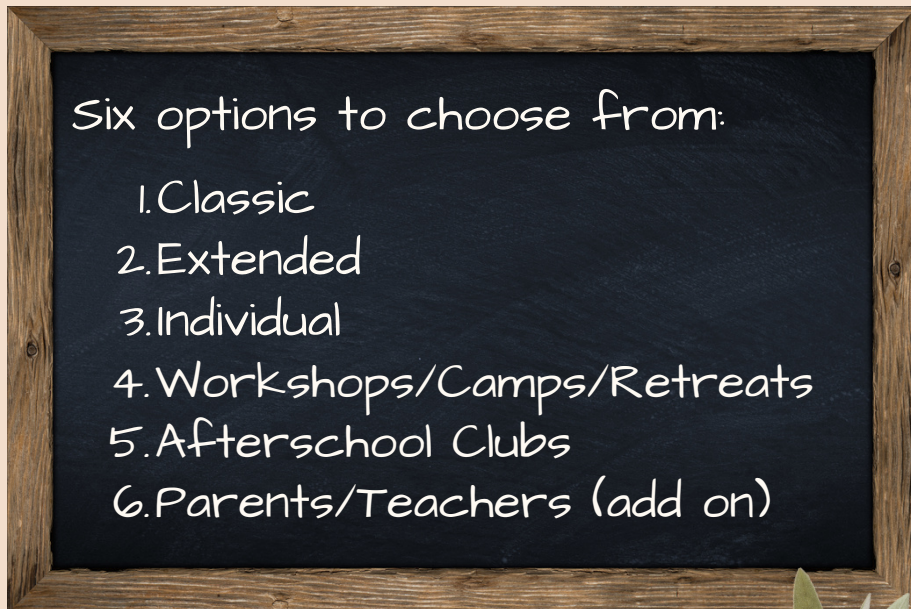


Is bullying an issue amongst your students/children?



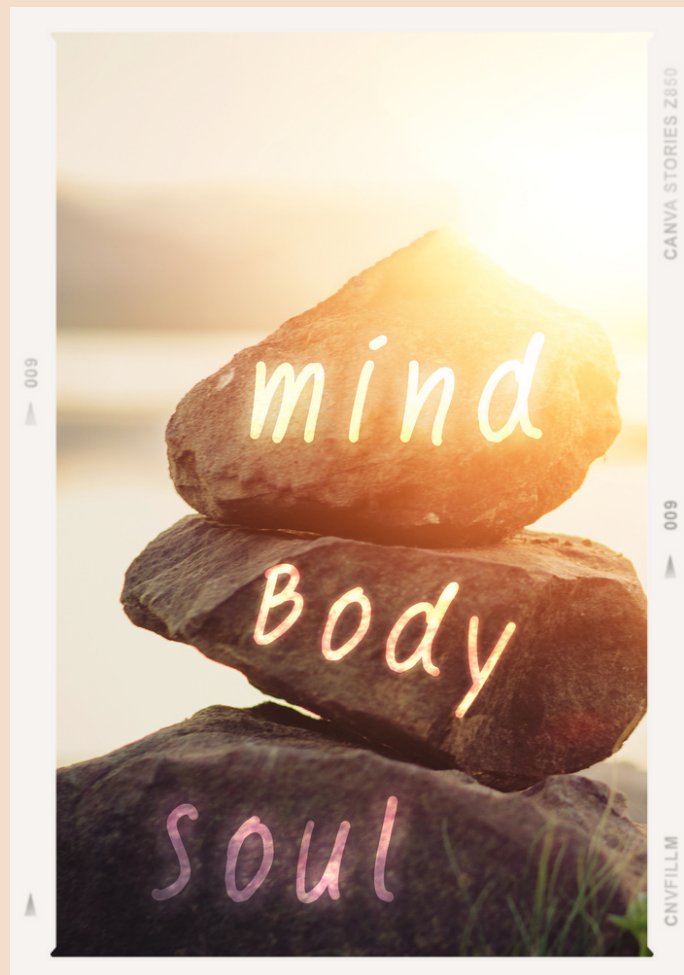
Let me help!





All courses include:

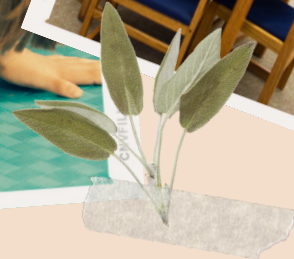
- > Introduction to mindfulness
- > Breathing practices
- > Emotional regulation
- > Mini mindfulness exercises
- > Tools for dealing with anxiety
- > Guided Meditations
- > Crafting / Drama / Improv exercises
- > Stories



I.
Classic



- > One term
- > 1 hour a week per group
- > Mindfulness training through crafting/drama/improv



2.
Extended



- > One school year
- > 1-2 hours a week per group
- > Mindfulness training through crafting/drama/improv



3. Individual

--> Tailored to your needs

--> Discovery call

--> Planning session

--> Tailored plan

--> Tailored length of
sessions and course

MIX AND MATCH FROM THESE TOOLS

Meditation

Mindfulness

Nature Art and Mindful walks

Crafting

Creative Writing

Teambuilding

Improv Theatre

Drama Exercises

Storytelling

Roleplay

Mindset

Wellbeing

Communication strategies

Connection games



Music

Performance anxiety reduction


Voice training

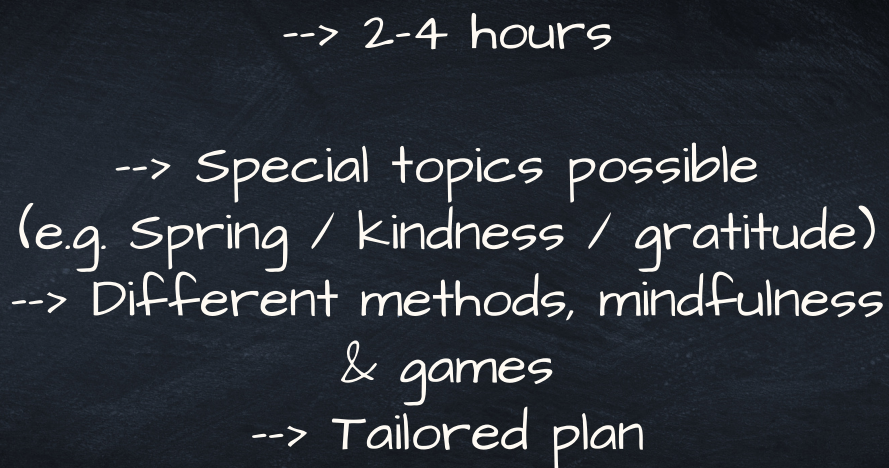
Self esteem

Speaking with confidence



4.
Workshops /
Camps / Retreats



- 
- > 2-4 hours
 - > Special topics possible
(e.g. Spring / kindness / gratitude)
 - > Different methods, mindfulness
& games
 - > Tailored plan



Tailored
Mini-Retreats
for children
(Only for small groups)



MIX AND MATCH FROM THESE TOOLS

Meditation
Mindfulness
Nature Art and Mindful walks
Crafting
Creative Writing
Teambuilding
Improv Theatre
Drama Exercises
Storytelling
Roleplay
Mindset
Wellbeing
Communication strategies
Connection games
Music
Performance anxiety reduction
Voice training
Self esteem
Speaking with confidence



5.
Afterschool Clubs



- > One term
- > 1 hour a week per group
- > Mindfulness training through crafting/drama/improv/nature
- > Outside lessons possible



MIX AND MATCH FROM THESE TOOLS

Meditation
Mindfulness
Nature Art and Mindful walks
Crafting
Creative Writing
Teambuilding
Improv Theatre
Drama Exercises
Storytelling
Roleplay
Mindset
Wellbeing
Communication strategies
Connection games
Music
Performance anxiety reduction
Voice training
Self esteem
Speaking with confidence



6.
Teachers / Parents



--> 1 hour workshop
(Only at the middle/end of a student's course)


- > What is mindfulness?
- > What did the kids learn?
- > Mindful tips for teachers/parents
- > Mindful moments



Why
mindfulness?



mindfulness



Increases
focus,
concentration,
learning and
memory



Empowers
through
creativity!

Cultivates
kindness,
compassion and
awareness



what is thought
be best in any re
point of view.
Kindness
of being kind. th
much compassio
moving in for th
that is thou

mind
body
soul



Self expression, Drama
and Mindfulness connect
body, mind, soul

Bite-sized steps
create
quick
improvement





Simple shifts
create
effective change!

Raises
awareness for the
beauty of the world,
treating environment
with respect



Our children are our future!

Only when our nervous system is regulated
we are open for learning!

Let us support children with tools to soothe
anxiety, fear and worry.

Let's help them to become happy,
empowered, kind and compassionate adults!





Why should you
work with me?



--> 13 years experience as public school teacher
(Music, Drama, English)

--> Accredited Creative Mindfulness Teacher
for Kids

--> Trained Drama Teacher

--> Strong personal mindfulness practice

--> Joyful approach

--> Lifelong learner



Inspiring
Creative
Kindness
Compassion
Patient
Non-judgemental
Various Approaches



Free
Discovery Call

Planning
Session(s)
(online or in-person)





Reach out
and
request a call
today!

Nicole Rank

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 Love-Eyes Spiritual Development