

# MINDFUL ME-SCHOOL

Teaching kids mind-body tools  
to manage their difficult  
moments and find peace.



Freepik

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# Welcome

“ It's easier to build strong children than to repair broken men.

- Frederick Douglass

## Meet Dawn

As a child, my biggest dream was to become a doctor. So, I pushed myself to do well in school, and I did. I graduated from high school with high honors, finished a bachelor's degree in three years, and graduated *summa cum laude* with my first master's degree.

Now, do I tell you this to brag about myself? No, of course not! Definitely not my style!

I tell you this because even with these accomplishments, I still didn't believe in myself enough to even apply to medical school. I lacked any and all confidence in myself. I was a quiet, shy introvert who was afraid to take any kind of risk.

And so, I'm sure you guessed it- my dream never came true. I found myself wandering the bottom of a deep, dark hole, unhappy and unfulfilled, until I ended up back in school yet again. But, this time it was different. You see, I discovered there are seven building blocks that we all need in our personal foundation to live happy, meaningful, and successful lives. (And yes, confidence is one of them.)

I created the Mindful Me-school Program to teach kids about the building blocks and the mind-body tools used to strengthen them, so they can build their own strong, personal foundation equipped with all of the inner resources they'll ever need. The inner resources they will draw on to manage stress and difficult moments so they can live happy, meaningful, and successful lives.

## The Problem

It's heart-breaking (and frustrating) to watch your kids try to cope with struggles and challenges day after day. You know, the difficult moments when they are consumed with anxiety, big emotions, or uncontrollable energy. Difficult moments like:

- calming for quiet activities, circle time or naptime
- distractions when trying to focus
- sharing and taking turns
- excessive worries and fears
- uncontrollable emotions like anger and frustration

And, you've been wasting precious time trying a little of this and a little of that to help them... but nothing works.

Overcoming childhood challenges and struggles can be a breeze... as long as you have a few simple mind-body strategies in your toolbox that will help your kids get through their difficult moments with ease! And don't you worry, I've already done all the work for you and packaged the best kid-friendly mind-body tools into a fun and simple program. INTRODUCING, (drum roll please)...



When you sign up for the Mindful Me-school Program, your kids will learn how to create peace and balance in their lives and how to navigate their childhood challenges with ease. Each session focuses on building and strengthening the personal qualities and character traits that I call building blocks. We strengthen the building blocks using a variety of mind-body tools like deep breathing, mindful movement, and meditation. The classes are kid-friendly and fun and include movement activities, fun games, interactive stories, creative projects, and more.

# The Building Blocks, 1 - 4

BUILDING BLOCK	FOCUS	MINDFUL ME-SCHOOL LESSONS
1	Physical- Healthy Body, Peace & Calm	Healthy body Bedtime Calming down
2	Emotional- Emotional Intelligence	Happy, Sad, Mad Fear & Anxiety Recognizing emotions in others
3	Ego- Self-esteem, Confidence, Self-care	Confidence Self-care Self-control
4	Social- Love, Kindness, Compassion	Kindness Friendships Bucket filling

# The Mind-body Tools

## DEEP BREATHING BASICS

The 3 simple steps to deep breathing that cause changes in the body that help it to calm down and relax.

## MINDFUL MOVEMENT

Fun movement games that promote physical health, mental focus, and emotional well-being.

## SENSATIONAL GUIDED STORIES

Stories that create the space for finding answers from within, practicing skills, and finding peace.

## SIMPLE GROUNDING BASICS

Simple tools for centering and balancing when we feel a bit "off" or we need a boost of confidence.

AND MORE

### *Here's what you get:*

- Instructor led group sessions, each session is 45 minutes - 1 hour long
- Sessions can run weekly, biweekly, or monthly, you decide
- Exciting sessions that utilize movement activities, fun games, interactive stories, and more that are designed to teach your kids about the building blocks
- Creative projects that help your kids integrate their learning
- Lessons specifically designed to teach the mindfulness tools in a fun, understandable way
- Mindfulness tools to take home
- Meditation scripts to take home
- A comfortable, safe environment where kids are encouraged to share and participate
- A parent letter that describes the day's topics and activities
- Tips for incorporating the new learning and practices into your daily routine
- A flexible topic schedule that can be customized to meet your classroom needs

### *The Benefits*

When you sign up for the Mindful Me-school Program, here's what's possible for your kids:

- Calm bodies for quiet activities and nap time
- Balanced emotions that can manage anger and frustration
- Settled minds free from fear and anxiety
- Focused and engaged minds ready for learning
- Compassionate hearts that spread kindness
- Happy, supportive friendships
- A strong foundation for overcoming challenges with ease

# Praise for Mindful Me-school



We love Miss Dawn! She has made a great impact in our classroom- in behavior, emotional development, academic learning, and social development. The children use the skills she has provided not only in the classroom but at home as well. Thank you Miss Dawn.

- Loriann, preschool teacher



Just by her presence, Dawn brings a sense of calm to my classroom. She began by teaching the children to calm their body through the use of physical tools and exercises. Then, the children worked on recognizing their own feelings, putting a name on those feelings, self-regulating, and awareness of our words and actions. The children learned compassion and empathy. Dawn's program builds self-confidence, as well as a sense of community and oneness with the world. Throughout the school year, the children in my classroom, by their own choice, continued to utilize the techniques and use the tools that Dawn left in our classroom. Oh, if all children could learn these skills- just imagine what a wonderful world it would be...

- Cherie, preschool teacher

## Let's Chat

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