

Grow your business with 'Chill Out Sessions'



As a licensee, this provides an exciting opportunity for you to grow your business using your already purchased licence. After this training, you will be able to use the lessons and meditations from the Peaceful Classrooms Manual with the children who have already completed the 8 week Peaceful Kids program with you and run what will be called 'Peaceful Kids Chill Out' follow on sessions.

This provides a whole new business opportunity for licensees to keep working with the children they have been working with to offer separate Mindfulness and Wellbeing classes after the 8 week intervention group has finished.

This is a beautiful way to support those children going forward and to keep your business going, rather than putting in a lot of work in advertising and building relationships and only having the children for 8 weeks. This also provides ongoing support for families that really need it.

The **Chill Out Sessions** can be marketed on your individual Peaceful Kids Classes page to gain more interest from parents.

Group size

As these Chill Out Sessions are general Mindfulness and Wellbeing classes rather than the 8 week intervention program, you can also increase the number of children who would attend each class. I would recommend up to about 10-12 children at a time (think of it like a yoga or meditation class that is ongoing for personal practice).

As the children would have already completed the program, they will be able to manage and feel comfortable with the meditations in a larger group as they have so much practice prior and had all the strategies and concepts already explained. Children can then attend as many terms as they like.

Structure of weekly classes

There will be enough lessons and ideas to lead 40 Chill Out Sessions for each year – so you are not repeating activities each term in case children attend more than 1 term of classes.

Weekly 1 hour classes would be structured as follows:

- Social and emotional circle time game as a warm up
- Share monkey feeling cards in pairs
- New hands on Mindfulness activity to learn a new strategy
- Short mindful movements
- Group guided meditation

Resources

As a guide, you can use the 12 core lessons and the activities and meditations in the 'Peaceful Classrooms' manual. You are then able to add to each activity and lesson to suit the cohort of your groups. This then leaves space for you to bring in your own creativity for the lessons and bring your own personal knowledge and skills into the lessons without having to feel restricted to all the activities in the Peaceful Classrooms manual.

This is done on purpose so you can find your own 'flow' in your work and get excited about ideas and activities for children. For example, you may choose to add in more picture story books, short videos, hands on mindful art and sensory activities and so on.

Term structure

The way you structure the number of classes can also be up to you. Personally, I would recommend running them for a term for each group, so families sign up for their child for the term to attend each week for an hour (just like they would another activity outside of school). That way you are getting commitment from parents for the term which makes the classes more predictable for you and for the other children.

Commitment from Families

I also recommend parents paying for the whole term up front, rather than per class, however this is up to you and how you would like to structure your payments. When people pay up front, they are more likely to commit, than leaving it up to each week to decide. This can be very disruptive for your planning of the classes if a commitment is not made. You could also run 2 classes on an afternoon/ night back to back – one for younger children and one for older children.

Enjoy! Georgie 😊

