



The Hummingbird Connection

SCHOOL WELLBEING PROGRAMS



WHY WE DO WHAT WE DO

Today's students face tremendous pressure to achieve within a world that is often overwhelming.

The tools of movement and mindfulness offer proven methods of developing the inner resilience needed to navigate physical, mental and emotional stress.

Bringing these practices to your school is a simple way to support making your students lives healthier, and can increase their capacity to learn effectively, manage challenging emotions, self-regulate behaviour, develop optimistic thinking and achieve personal and academic success.





WHAT WE DO

We conduct physically and emotionally engaging programs in schools for students and teachers. Our programs use evidence based approaches and are linked to the Victorian Curriculum under Health and Physical Education. We empower and build resilience in students in an fun, educational and relatable way in order to develop both mental and physical health of individuals and school communities.

Student Programming

The Hummingbird Connection offer movement and mindfulness classes for kinder through to secondary students, designed to help kids thrive in the world regardless of circumstances, and navigate the challenges they face with a sense of personal power and self-awareness.

The programs support students with developing the skills known to prevent social and mental health issues including depression, anxiety, stress, and disconnect.



THE PROGRAM

- Quality instruction from a qualified wellbeing specialist
- We INSPIRE STUDENTS by delivering dynamic and engaging classes rooted in the 5-element Hummingbird methodology designed to support social emotional learning
- We AID PRINCIPALS by conducting pre and post student surveys to assess student needs and program impact within your school.
- We SUPPORT STAFF by providing teacher resources and ongoing support with implementation of program strategies within the classroom.
- Wellbeing specialists can serve 1-2 classrooms per hour based on schedule and program type.





SESSIONS

The Hummingbird Connection offers unique programs combining movement and mindfulness practices in a straightforward and intentional, relatable way. Our approach incorporates five key elements in each session: Connect, Breathe, Move, Focus, Relax. Within these elements the students are taught fundamental life skills that are immediately available for daily use.

All programs are built on the belief that every student can be supported to embrace their full potential. Programs are inclusive of all students, are non-gender specific and supports those with special or additional needs.

The 3 different options are:

- Single session - 1 hour - Awareness Session
- Whole school - 4 week - Feel The Difference Program
- Whole school - 9 week Lifestyle Change Program



WANT TO SEE IT IN ACTION?

We believe that the best way for you to decide if our program is a fit for your students and school is to experience it.

That's why we offer a **complimentary** 60 minute Awareness Wellbeing Session (valued at \$150.00) to every school. It really is the ultimate way to see the impact our programs can have on your students.

Get in touch to schedule your schools free session by emailing us at hello@thehummingbirdconnection.com.au





CONTACT US

SHARON RAINE
THE HUMMINGBIRD CONNECTION

M 0432 208 892

E HELLO@THEHUMMINGBIRDCONNECTION.COM.AU

WWW.THEHUMMINGBIRDCONNECTION.COM.AU





The Hummingbird Connection

