



# **Wymbin** **Mind + Move**

**Comprehensive  
Wellness Programs for  
Schools**





By starting with today's youth, together we can change the world.

Social Emotional Learning (SEL) in academic settings improves behaviour and strengthens positive emotions that motivate students to set and achieve long term goals.

We offer the support and tools needed to elevate the well-being and capacity of our youth and educators. The program supports educators while bringing new skills and regulation tools to the classroom.

# What's included?

- 1 – 5 day program (different options available)
- 6 – 30 instructional hours with a Wymbin Educator
- Integrated mental health support & resources to build personal capacity
- Fundamental movement & physical literacy skills
- Curriculum-based learning (SEL and core competencies)
- Wymbin's Signature Wellness Resource Bundle for 6+ hour residencies

Our programs offer mat rentals upon request

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# Purpose

Integrating our Mind + Move program within your school will promote the overall well-being of your students and school community.

Our Mind + Move programs address many of the common challenges faced in educational settings today including:

- Self regulation & healthy coping mechanisms (students & educators)
- Academic performance & focus
- Anxiety
- Resilience to stress
- Behaviour & classroom management
- Diversity & inclusion
- Social connections, relationships with self & others



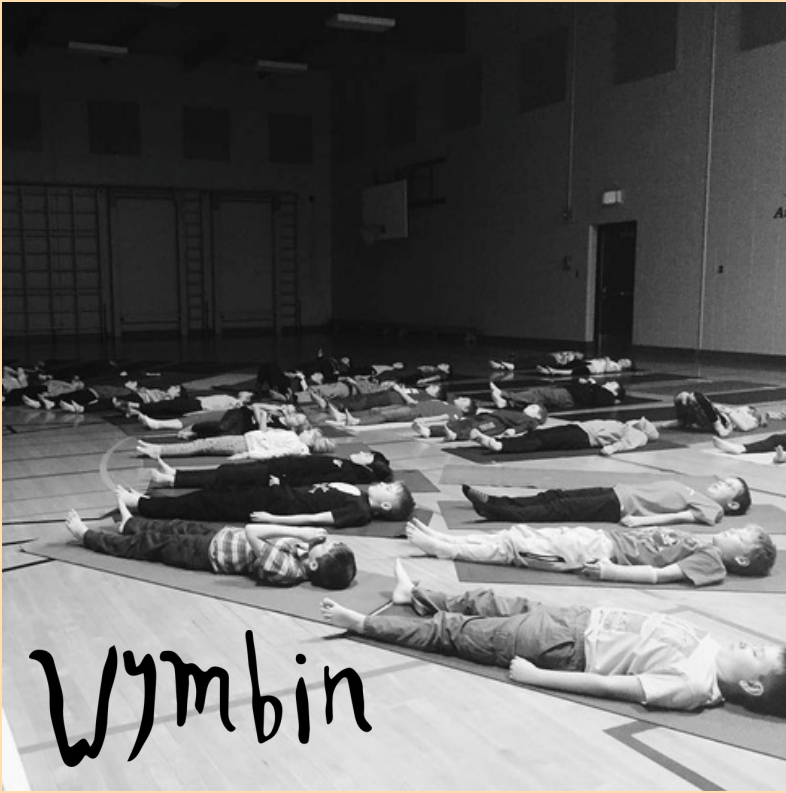
Our programs have already had a positive impact on over 8,000 kids in Calgary schools.

We are on our mission to elevate the well-being of ALL children in our city.

Collectively, our team has decades of diverse experience as educators and wellness leaders within communities both locally and globally.







# Program Objectives

- Build resilience & personal capacity
- Learn a variety of breathing techniques to decrease stress & anxiety
- Create a sense of belonging & focus on inclusivity
- Increase self-awareness & leadership of self
- Implement trauma-informed leadership practices that emphasize safety, trust, choice & collaboration
- Increase physical literacy & competency
- Elevate mental health & wellness among students & school community
- Provide & demonstrate healthy self-care tools & practices
- Offer tangible tools to boost confidence & self-esteem
- Develop a solid foundations of yoga, mindfulness & movement based practices
- Improve sleep, academic performance & focus
- Facilitate activities for social & emotional learning
- Offer fun & meaningful learning opportunities that stimulate a growth mindset





# Wymbin Wellness Resource Bundle

Intentionally crafted resources that will support classroom educators in elevating positive mental health & wellness outcomes for all students.

- Package of 10 high quality and proven effective resources
- Suitable for grades K-9
- Created by certified educators
- Clear & concise instructions
- Topics include:
  - self leadership
  - neuroplasticity
  - healthy coping mechanisms
  - social & emotional competencies
  - communication & active listening
  - growth mindset
  - inclusivity, belonging & kindness
  - gratitude & positive attitude

**Digital & downloadable**

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# Mind + Move

## Comprehensive Wellness Programs for Schools

### 6 hour residency **\$480**

Includes:

- 1 - 2 Day Program
- 6 instructional hours with a Wymbin Educator
- Integrated mental health support & resources to build
- fundamental movement and physical literacy skills
- Curriculum-based learning (SEL and Learning Outcomes)
- Wymbin's Signature Wellness Resource Bundle for all staff

### 24 hour residency **\$1800**

Includes:

- 4 - 6 Day Program
- 24 instructional hours with a Wymbin Educator
- Integrated mental health support & resources to build
- fundamental movement & physical literacy skills
- Curriculum-based learning (SEL and Learning Outcomes)
- Wymbin's Signature Wellness Resource Bundle for all staff

### 30 hour residency **\$2100**

Includes:

- 5-7 day program
- 30 instructional hours with a Wymbin Educator
- Integrated mental health support & resources to build
- Fundamental movement & physical literacy skills
- Curriculum-based learning (SEL and Learning Outcomes)
- Wymbin's Signature Wellness Resource Bundle for all staff

All of our programs offer yoga mat rental - includes antibacterial wipes and transportation of mats (up to 30 mats): **\$30+gst/ day**

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## Mind + Move Sampler

1 Hour Class

\$100 + gst

Includes:

- 1 instructional hour with a Wymbin Educator
- Integrated mental health support & resources to build personal capacity
- Fundamental movement & physical literacy skills
- Curriculum-based learning (SEL and core competencies)

# Connect

Elevate your school community

Enquire today:

hello@wymbin.com  
(403) 452 2549  
wymbin.com

#50 919 9 Ave SE  
Calgary, AB

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