



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 (options available - see page 9 + 10)
- 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 all staff

Our programs offer mat rental and French speaking teachers.



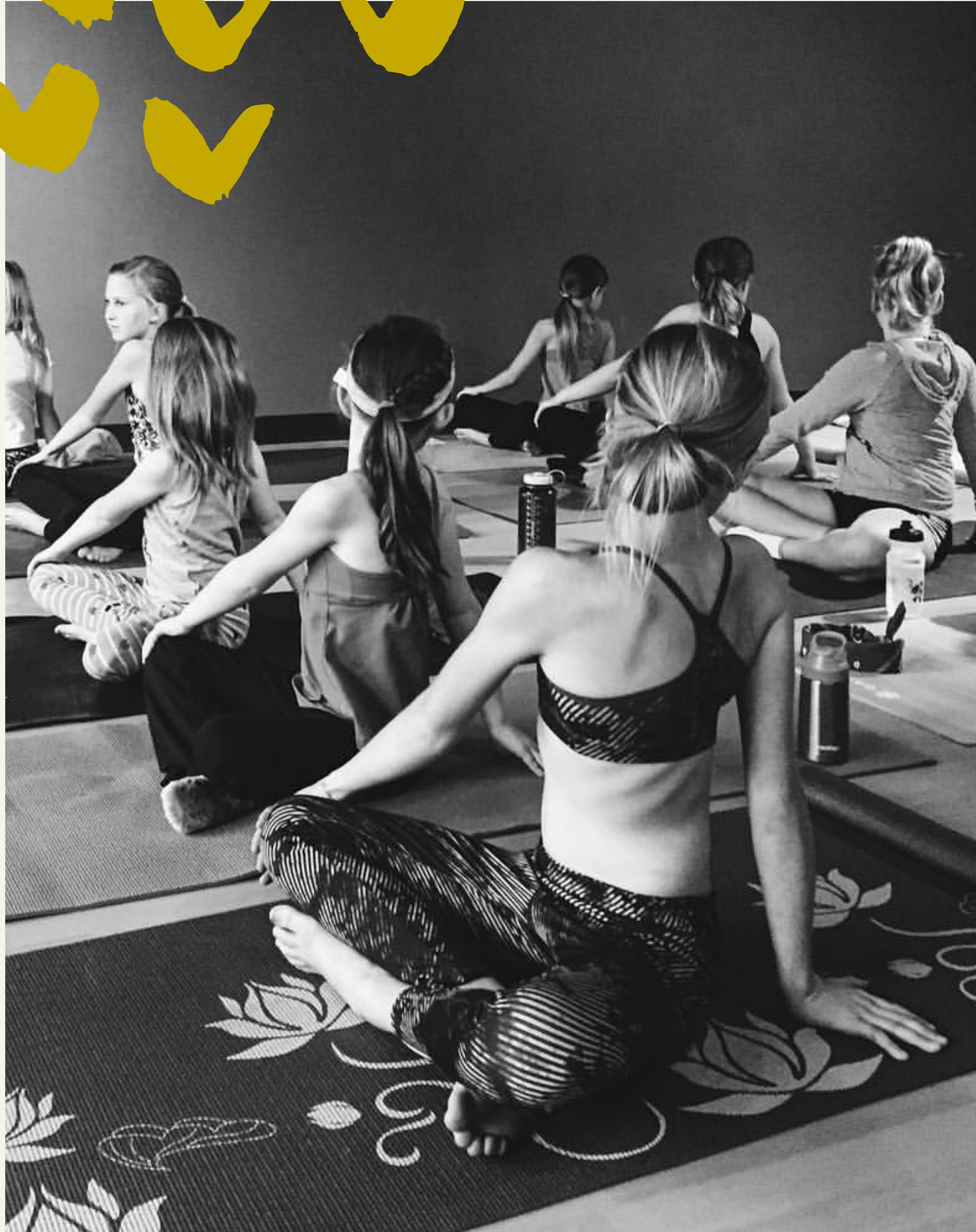
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Purpose

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.

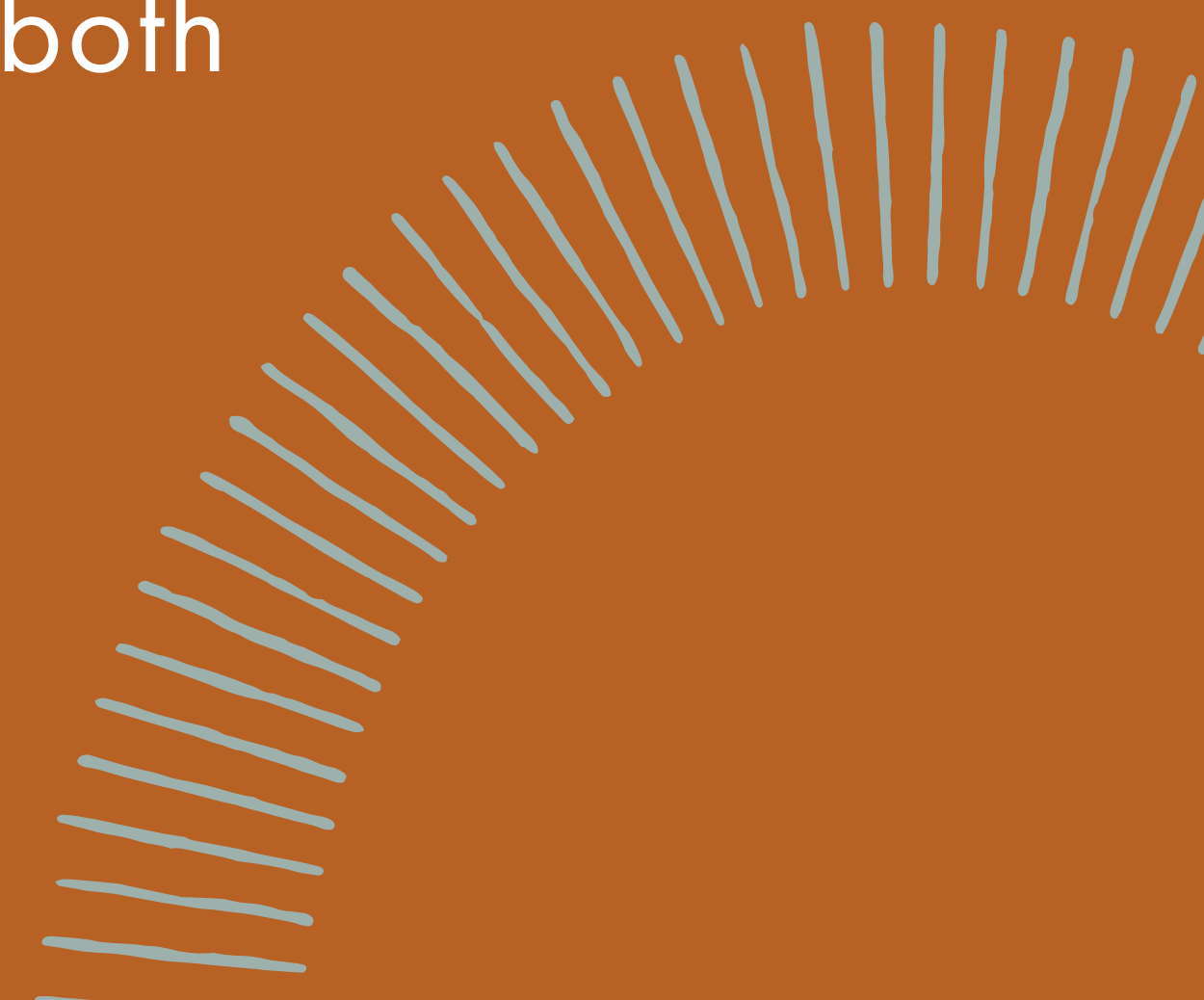
- Self regulation & healthy coping mechanisms (students & educators)
- Academic performance & focus
- Anxiety
- Resilience to stress
- Behaviour & classroom management
- Diversity & inclusion
- Social connections, relationships with self & others



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
- Create a sense of belonging & focus on inclusivity
- Increase self-awareness & leadership of self
- Learn a variety of breathing techniques to decrease stress & anxiety
- Implement trauma-informed leadership practices that emphasize safety, trust, choice & collaboration
- Increase physical literacy & competency
- Elevate mental health & wellness among students & the wider school community
- Provide & demonstrate healthy self-care tools & practices
- Offer tangible tools to boost confidence & self-esteem
- Learn cooperation, group skills & how to foster positive friendships & relationships
- 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.

This bundle can be accessed by all staff & used many times.





Mind + Move

Comprehensive Wellness Programs for Schools

1 Day Residency

\$480 + gst

Includes:

- 1 day program
- 6 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 all staff

2 Day Residency

\$920 + gst

Includes:

- 2 day program
- 12 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 all staff

3 Day Residency

\$1450 + gst

Includes:

- 3 day program
- 18 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 all staff

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

Mind + Move

Comprehensive Wellness Programs for Schools

4 Day Residency

\$1,800 + gst

Includes:

- 4 day program
- 24 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 all staff

5 Day Residency

\$2,100 + gst

Includes:

- 5 day program
- 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 all staff

1 Hour Class

\$80 + gst/ hour

Includes:

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

Connect

Elevate your school community!
Enquire today:

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