

# Mind Fit and Creative in Schools

**We teach your students how to manage stress and realise their potential.**



Prospero Theatre is one of the leading educational and inclusive companies. Our popular Mind Fit and Creative Project partners with Mind Fitness, who work extensively in corporates as well as the performance and education sectors.

## **Why is the Mind Fit programme needed?**

The education sector is aware that mental health issues are reaching critical levels. Almost every child from Year 6 upwards admits to being highly anxious at least some of the time and the number of teenagers suffering from depression is escalating.

**The reduction of stress is critical to learning. It is vital that we give these young people the means to control their anxiety and fulfil their potential.**

## **Benefits:**

- Reduced levels of stress and anxiety
- Increased sense of control and wellbeing
- A higher level of engagement with education and the wider world
- Increased understanding of the role of the imagination in wellbeing.
- Increased abilities to maintain strong and effective relationships
- Increased motivation and aspiration



## How does it work?

### Mind Fitness through Drama and Active Learning:

The Mind Fit and Creative programme has been designed to reduce stress levels, increase ability to self-regulate behaviour, and engender a positive and optimistic mindset. It blends Mindfulness and CBT, but also uses Drama and Active Learning, REBT and aspects of Drama Therapy. It focuses on the links between creativity, aspiration and resilience. In terms of the science the evidenced links between the imagination and the higher thinking brain are compelling.

Our content is endorsed by cutting edge neuroscience; our delivery, being a theatre company, is unique. Every session is designed to be informative, practical, interactive and fun. *We aim to inspire!*

All schools receive a full 25 page Workbook.

Each student receives a worksheet.

## Mind Fitness through the ages!

- Years 1-3**      **Be Calm, Be Confident, Be Happy**  
Short sessions of 45 mins, building Mind Fitness exercises into drama games and storytelling.
- Years 4-5**      **King Arthur**  
One hour session  
Learning through a story in which the students take part. As they learn the Mind Fitness exercises they help the hero to learn what he needs to triumph over adversity.
- Years 6-7**      **Eliana and the Hermit**  
Two hour session  
A slightly more complex story in which they play many characters. As students learn the Mind Fitness exercises they help the heroine to learn what she needs to triumph over adversity.
- Years 8-9**      **The O-Limbic Games**  
Two hour session  
Students learn how to control emotions and anxiety, through a series of challenges and exercises that tasks the brain's Limbic System! Participants also learn how to challenge beliefs and to expand their Stretch Zone in which they learn best.
- Year 10-13**      **Be your Best Self**  
Two hour session  
Slices of learning that are then applied through interactive exercises, using real life experiences and the challenges young adults are likely to encounter. Topics include Resilience, Beliefs and Attitudes, Pressure and Stress, Neuroplasticity, Challenging Beliefs, Negative Emotions and Mind/ Body links.

### Requirements for all sessions:

Maximum number of Pupils per session – 30  
Space required - hall or drama studio

## INSET:

As well as working with students we run very effective INSET training sessions. These enable your staff to help implement changes for the students, and of course benefit themselves from the stress-reducing techniques.

By combining scientifically validated models we unlock a process of self-discovery and development. The course covers Resilience, Challenging unhelpful Beliefs, Positive and Negative Stress, The neuroscience behind Change, Reflection through Mindfulness Practice, Approaching unhealthy Negative Emotions, Understanding Thinking Errors, Emotional Intelligence, Mind and Body and the Role of Creative Thought.

We also give ideas of how best to teach the Mind Fitness Exercises and look at the process of teaching mindfully.



## LONGER PROJECTS

**Prospero and Mind Fitness also offer a 6 week programme. This is one day a week for six weeks:**

The Day comprises of:

- 4 x 1 hour sessions, working with 4 selected classes or groups
- Max 30 students per group

Each One Hour Session comprises of:

- 20 mins      Building Core Mindfulness practice
  - Repetition of the same exercises, each week deepening the learning experience
  - Learning which exercises work best for which situations
- 20 mins      New learning
  - With a focus on one area per week:
    - 1 The Basic Neuroscience
    - 2 Stress – Buzz and Burden
    - 3 Neuoplasticity and Adaptive Behaviour
    - 4 Changing unhelpful for more helpful beliefs
    - 5 Emotions and Emotional Intelligence
    - 6 Mind and Body
- 20 mins      Applying the new learning through a variety of exercises



### ONGOING PROJECTS:

We are also working with one school on a radical whole change-school programme implementing across every aspect of the organisation. If you are interested in this please get in touch.



## TESTIMONIALS:

*"An excellent session, where the students were able to express themselves and experiment with their own ideas. Each student reported back, afterwards, about the benefits."*

- Sally Tremaine – Limpsfield Grange

*"What an effective session. We have re-booked straight away."*

- J Redfern, Lingfield Notre Dame

*"We have had nothing but positive feedback from the pupils. They were able to take simple strategies away from the workshop that they could use when needed. The use of Drama really helped them to feel safe; they definitely found it less daunting than talking about their own emotions straight away."*

- Katherine Thompson, Ripley Court



*"Beth and her team have never failed to impress me and the schools she has worked with. It is a joy to see her working her magic in all situations with all ages and abilities."*

- Angela Bradshaw, Senior Consultant,  
Surrey Education (Babcock 4S)

*"As our bank of Sunnydown techniques grows, I remain confident that the impact will be measurable in further reduced behaviour concerns and an increase in reflection on own behaviours. We have been supported for three terms by Prospero, as we explore ways to integrate the approaches in all that we do, for staff and students."*

- P Jensen, Head, Sunnydown School

## TO BOOK:

Book your sessions now by contacting Beth Wood on:

[bethwood@prosperotheatre.com](mailto:bethwood@prosperotheatre.com)

**Prospero**  
theatre

in partnership with



*Exceptional art that speaks with the voice of an inclusive society.*

Prospero are based in Caterham, Surrey but perform nationally.

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