

INFORMATION PACK:

**MAGICAL MINDS
& TEACHER IN
RESIDENCY**

PROMOTING HEALTHY MINDS & BODIES



North Central East London (NCEL) CAMHS Provider
www.atriuefittcollective.com



ABOUT US:

- **We are Truefitt Collective; producing shows, running creative dance workshops and promoting healthy minds and bodies**



MAGICAL MINDS

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WHAT IS IT?

Magical Minds is a day of Dance Performance and Dancing Mindfulness workshops offered to primary schools. Magical Minds focuses on positive mental health and well-being through dance, providing children with a creative exploration into the human mind and tools to increase their ability to self-regulate emotions.

OUR OBJECTIVES:

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- **Encourage children to think about emotions through Creativity & Mindfulness-in-Motion.**
- **Educate children about the importance of both positive and negative emotions.**
- **Provide children with Dancing Mindfulness techniques to help them to cope with their emotions.**



A Day of Magical Minds

Magical Minds runs from 9:30AM - 2:30PM

PERFORMANCE:

10:00AM - 10:45AM (Whole school performance & Q&A)

3 characters embark on a journey to the centre of the brain to save everyone from the emotion squasher. The emotion squasher tells everyone that if they squash their emotions they can feel good all of the time, in reality we find that by doing this we won't get very far on our journey in life. On their journey, they experience many emotions; a happy dance, sad dance, nervous dance and angry dance but when they finally make it to the centre of the brain, they realise that all of these emotions have helped them to survive.

DANCING MINDFULNESS WORKSHOPS:

6x 45 minute workshops to be agreed with schools directly.

Dancing Mindfulness workshops use Movement, Music and Mindfulness-in-Motion to reach a place of greater awareness. The core principles of the workshops are: non-judgement, letting go, trust, patience and acceptance. Dancing Mindfulness increases connectivity in the frontal lobe of the brain which increases children's ability to self-regulate their emotions, self awareness, social awareness and self-confidence. The workshops are carefully and age appropriately devised with a continued reference to the performance ensuring engagement and an awareness of being present.

Dancing Mindfulness increases empathy and the ability to understand what another may be feeling which improves Childrens awareness and helps them to build positive strong relationships. Dancing Mindfulness can reduce the severity of depression and anxiety in children. The practice of Dancing Mindfulness can continue to be practiced within the classroom / school environment and children can even begin to use it at home to help them cope with their emotions.



Teacher in Residency



Teacher in Residency will run from Sep- Dec 2024

- **Each school that takes part in Magical Minds will also have the opportunity to have an Teacher in Residence who will work with your school to provide further workshops.**
- **The teacher in residency will work closely with all year groups to offer group and 1-1 Dancing Mindfulness workshops to develop, in collaboration with teaching staff, more creative approaches to support children's learning and wellbeing. This includes a referral process and close monitoring of progress and wellbeing.**
- **The teacher in residence will spend one school day per week for 4 weeks to bring their knowledge and expertise aiming to support, invigorate and develop learning in primary schools.**



WHAT WE OFFER:



Truefitt Collective are the first in the UK to offer and run Dancing Mindfulness workshops in Primary Schools as After-School clubs, Breakfast Clubs, CPD and 1:1 workshops.

Following Magical Minds we can provide:

- **Dance CPD on embedding dance in the PE curriculum and building confidence in teaching dance**
- **Mindfulness and Movement CPD**
- **Dancing Mindfulness After School Clubs**



Our Artistic Director is trained with The Institute of Creative Mindfulness and all teachers hold fully enhanced DBS checks and are trained in first-aid and safeguarding.



BOOK A DAY OF MAGICAL MINDS

Magical Minds has been supported by North Central East London (NCEL) CAMHS Provider Collaborative Grant Scheme to tour to 5 primary schools across Enfield & Barnet during the Autumn Term of 2024

Cost:

There is a small cost of **£100** per school to secure your partnership and commitment in taking part with Magical Minds (usually costing £3000 without support). You will receive a full day of Dance Performance, 6x Dancing Mindfulness workshops as well as an Teacher in Residence for 4 weeks.

Email to book Magical Minds from the following tour dates:

Artistic Director: Kasia Truefitt
Producer: Hattie Harding
truefittcollective@gmail.com

Thursday 12th September 2023
Thursday 19th September 2023
Thursday 26th September 2023

Thursday 3rd October 2023
Thursday 17th October 2023

