



•Clever •Cid Health & Play Program for Kindy – Year 2

The •Clever •Cid Health & Play program was developed to offset the behavioural problems and learning difficulties experienced by children, and provides a solid foundation for life and learning.

Developed by a team of experts this program enhances the whole wellbeing of children by establishing a balanced body and mind to improve health, classroom attention span, behaviour and academic achievements.

The program educates children to eat healthy, nutritious foods; reduces stress and builds self esteem through play; develops care and cooperation; embraces the senses and focuses on values and lifestyle. Values covered are respect, caring, truth, responsibility, tolerance, choices, awareness, peace and gratitude.

Healthy, happy, balanced children are more open to learning and to reaching their full potential

A high number of children struggling to learn are challenged with food intolerances and allergies. When their immune systems are strengthened and

nutritional intake addressed, health and learning improves.

Wellbeing begins with a body and brain that is greatly nourished. In the midst of plenty of food, many children are lacking the nutrients needed for optimum brain function as most of today's food is packed with chemical additives and preservatives and are high in fat and sugar.

The •Clever •Cid Health & Play Program encourages healthy eating through the creation of a vegetable garden. It links the growth and nurturing of plants to the growth and nurturing of themselves.

Through play, self esteem and self help exercises the program ensures students are empowered with life long skills and techniques to:

- focus and concentrate
- manage their feelings and behaviour
- build self esteem
- understand the importance of healthy eating
- improve their learning
- achieve balance through nature



By participating in the Clever ·Cid Health & Play program, many of the symptoms and causes of children's problems can disappear.

Play and fun produce dopamine in the brain which makes it possible to coordinate actions easily; many children who struggle to learn and those with ADD/ADHD have difficulty producing dopamine.

Many of the activities in our program bring children into a state of play, therefore promoting dopamine production.

Activities include:

- creating and growing a vegetable garden
- Brain Gym[®] movements
- games to build self esteem
- learning awareness and healthy expression of emotions
- appreciating values
- learning skills to handle bullying, teasing, anger and shyness
- breathing and relaxation
- story telling
- music
- art and craft

This is a hands-on, full-term program run 3 days per week.

The Clever ·Cid Health & Play Program has run with the provision of trained Circles of Learning facilitators. We have now packaged the program for schools to self manage with their own staff as trained facilitators. This allows you to run the program across a range of classes, allowing many children to benefit from the cost of one purchase.



The Clever ·Cid Health & Play Program is delivered to your school complete with:

- A Facilitator Manual complete with overview, program, activity notes and resource templates
- A 1^{1/2} hour experience of the program including balancing the mind and body, releasing stress **
- Training DVD
- Visual materials to reinforce messages
- Free monthly electronic newsletter
- Free support via our website
- Free parent support evening
- Clever ·Cid resource kit

** In person or by DVD depending on locality

To purchase your program go to our website at www.circlesoflearning.org.au; email your enquiry to info@circlesoflearning.org.au or contact us on (02) 9327 7750.

We look forward to hearing from you.

Judith Schulz
Director