

# GOOD PRACTICE

## MINDFULNESS IDEAS

### case study – libby



This idea originates from a training case study completed by one of our Connected Kids Tutors

\*Libby is an 8 year old girl, who was experiencing separation anxiety and difficulty with sleep.

*"The focus this week was on self-kindness. I really wanted to leave her with a smile and a little bit of confidence knowing that how she is doing is ok and it's ok to feel how she feels."*

\*We have changed the name to keep it anonymous. Our Tutors are not medically qualified to diagnose, they will assess with the help of the parents input and work intuitively with the needs of the children they teach.



# FEEDBACK



## **From child via Connected Kids Tutor**

*"She said she felt good."*



## **Connected Kids Tutor observations**

*"Libby was more settled this week – less agitated and still, which is why the drawing and writing worked well."*



## **Parent's feedback**

*"Libby's mum has said that Libby really enjoyed the last session. She has been sleeping with Bob under her pillow, has introduced him to the rest of the family and now the other two kids have their own 'Bob'."*

## **Connected Kids is a unique programme...**

As our tutors are trained to tune into the needs of the children through observation and sensing the energy of the young person/group they are working with.

It can be difficult for children to articulate what they need help with or the problems they experience - anxiety can present itself as a sore tummy (even when there are no digestive issues)

Each tutor is trained to establish a heart-centered lesson plan that can be adjusted from a wide from of meditation 'tools and ideas' that we teach so that the tutor is present and holds the space for the children/teens they teach.

Even the words used to guide the session are delivered with heart-centered energy which is healing and soothing. This is why our sessions are so effective with Autistic children or those struggling with ADHD, ADD, SEN or trauma.

**If you would like to find out more: [www.connected-kids.com](http://www.connected-kids.com)**

