



## Connected Kids Professional Exercise – Setting up and planning...

This information will help inform your essay for the assessment.

Explore these different questions and jot down ideas as they come to you. As you do this – identify any fears coming up and note them on the 2<sup>nd</sup> page.

**Who?** Who (in your local community) would you approach to tell them about Connected Kids? Only list those contacts that you know really well. Then rate them after you have finalised your list.

<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	
<b>6.</b>	
<b>7.</b>	
<b>8.</b>	
<b>9.</b>	
<b>10.</b>	

**Rate how well you know them** – 1 = a brief acquaintance (or wish list), 10 = could sit down for a coffee and a chat at anytime.

After the group discussion...

"I like the idea ..."

<b>1.</b>	
<b>2.</b>	
<b>3.</b>	

### Prep for EFT

My fears about teaching children meditation professionally are...

		<b>Score 1</b>	<b>Score 2</b>	<b>Score 3</b>
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				
<b>4.</b>				
<b>5.</b>				
<b>6.</b>				
<b>7.</b>				
<b>8.</b>				
<b>9.</b>				
<b>10.</b>				

**Rate the intensity of this fear and place under 'score 1'**

0 = no fear 10 = big fear