

X-HAIL
KIDS



3 DAY TRAINING

WORKBOOK 3

MEET YOUR INSTRUCTORS



CHARLOTTE COLLINS X-HAIL FOUNDER

"I'm a Mum, spirit-junkie, music lover and passionate advocate for emotional and physical wellbeing through modern spiritual practice.

I've helped women all across the UK start their own meditation businesses and worked with big names like ITV, GOOGLE, The Real Housewives of Cheshire, GOODHOUSEKEEPING and UNILEVER.

We have created this bootcamp to help you start using meditation and mindfulness with your kids right now, without having to change a thing about who you are! -Guru status not required!

See you on the other side,
Charlotte x"

EMMA SNAPE X-HAIL KIDS LEAD TRAINER

"Having worked with children and parents for over 14 years as a primary school teacher, I've seen the struggles as we try to juggle it all and keep the family peace.

I am by no means the perfect parent, but my meditation practice and introducing my own children to these tools has helped massively as we navigated changes in our own family circumstances.

Trust me, you don't have to have it all figured out, you definitely don't have to be a meditation expert to be able to bring some mindfulness and fun into family life.

Enjoy the journey,
Emma xx"



X-HAIL

OUR PROMISE TO YOU

We slow down. We BREATHE.
We don't try to be different, we own
that we already are.

We stand for accessible spirituality.
This is for EVERYONE.

There will be no correct clothes.
There will be no correct position.
There will be no right answers.
No glorified teachers.

We whisper encouragement, love
and unconditional support in all that
we do.

We teach you to trust yourself and
dare greatly but we know there is
nothing about YOU that needs
fixing.

We know it's not about perfection.
Let it be EASY

WWW.X-HAIL.ORG

X-HAIL'S 3 DAY TRAINING

USING MINDFULNESS & MEDITATION TO BOOST YOUR CHILD'S CONFIDENCE

01

YOU ARE THE BAROMETER

You'll learn how to tap into your own inner sense of peace no matter how much the kids are doing your head in and WHY this is the most important part of the puzzle!

02

RE-LEARNING YOUR ABC'S

You'll explore our 3 easy pillars of mindfulness and meditation that will help you tackle bedtimes; anxiety; big emotions and more!

03

MAKING IT MAGICAL

You'll discover how to make meditation and mindfulness feel fun for young minds AND feel easy to you!

BONUS

LET'S POWER POSE

You'll learn some of our famous X-HAIL Kids mindful movements; poses and breathing techniques which you can share with your kids straight away!



X-HAIL

FEEDBACK FROM OUR LAST BOOTCAMP

The masterclass was something I have never experienced in any meditation.....EVER!!!

I had the deepest sleep I have had in ages and woke up still feeling in my power as I did after the meditation before I went to bed.

I had a feeling this was special but without a doubt I know X-Hail UK has come into my life to propel me to my true self and deserved life 🥰🙏💖

Charlotte Collins it was truly Amazing !!! I honestly felt I had wings ❤️❤️❤️ Thankyou Char



I really enjoyed this Charlotte thank you! Great advice and lovely meditation ritual experience. Very moving 💖🙏

5 h Love Reply



I'm walking around the house like Wonder Woman !!! Xx

50 m Love Reply



I really enjoyed it, one of the best guided meditations I've ever done. Thank you 🙏

42 m Love Reply



X-HAIL
KIDS

MAKING IT MAGICAL



KEY POINTS TO REMEMBER

Children are literally hard wired to be joyful, high energy and excitable and mindfulness and meditation does not need to take this out of them.

What is also quite obvious, once you know to look for it, is that children are very mindful and live completely in the present moment.

Just think about it, if they have a tantrum one moment as their friend has the toy that they wanted, in the next moment they will be happy, smiling and playing together, so engrossed in their games that they can't even hear us call their name when it's time for tea!

There is no analysing or regretting the past, there is no worrying about what might come next!

Just presence!

We can learn a lot from our little ones!

Therefore, often the easiest way to use meditation and mindfulness with children is to embed it into every day tasks and activities.

Read on for other helpful tips to remember at home; in the workplace or in the classroom.

MAKING IT MAGICAL

Keep these pointers in mind when thinking about how to integrate mindfulness and meditation into yours and your children's world.

KEEP IT SHORT- To begin with it is easier to incorporate mindfulness into a task you are already completing.

BE CONSISTENT- Once you are ready to introduce a more formal practice, like a guided meditation, keep it no longer than 10-15 minutes and having a set place and time for it really helps as the brain will begin to use this as a cue to relax even before the practice begins.

SUPPORT THEM TO TURN INWARDS AS THEY COMPLETE DAILY TASKS- You can make everyday tasks mindful by reminding and supporting the child to pause and notice/describe the sensations within their bodies as you wash your hands or take a walk etc...

MAKE MAGIC MOMENTS MINDFUL- Giggles, laughter and excitement are excellent opportunities to connect with our bodies and start to learn the signals that the body sends us when things feel good. When we have that contrast it makes it easier to notice when the body is telling us that we need to rest or ask for support.

USE MOVEMENT TO HELP PREP FOR MEDITATION-

If there is tension in the body it will be reflected in the mind so it really helps to rid the body of this with stretches, movement, dance or even light exercise before you begin a formal practice like a body scan or guided meditation.

USE RHYTHM AND REPETITION-

Anything that is rhythmic and repetitive is really calming to the nervous system and so will help the child move towards alpha state without necessarily needing to be silent or still.

KEEP IT RELEVANT- Talk about celebrities, athletes and aspirational figures and how they use mindfulness and meditation to help them do their jobs.

TALK ABOUT WHY AND HOW- Provide scenarios that demonstrate when and how you might need to use mindfulness/meditation and add in the science to support understanding in an age appropriate way.

Overleaf you will find more information on how the specific types of activities which we use in our X-HAIL KIDS sessions help support emotional wellbeing for life

QUIETING/FOCUSING:

Quieting activities allow children to learn to pause, relax and quiet the mind so that they can tune into the signals that their bodies send them when they are stressed, are experiencing anxiety or anger etc...

In this way they are able to slow down and rest or seek support BEFORE those emotions take over.

Physically, Quieting activities help calm an over reactive parasympathetic nervous system, which is the part of the autonomic nervous system that is responsible for the flight or fight response in the body and as such children in that moment become calm but also over time, less reactive outside of that moment.

More and more we are seeing that children are conditioned by society and schooling to think through problems and provide solutions.

The problem is that if children are endlessly worrying, analysing and mulling scenarios and problems over they are potentially triggering the body's stress response.

By learning to focus on a neutral object to anchor their attention (e.g. their breath as they do in our Focusing activities), when they become aware of stress sensations in their body caused by anxious thoughts, they develop the ability to self soothe and get comfortable with not always knowing the outcome.

Some children (and adults too) find using a subtle anchor like the breath difficult so we include several variations including more coarse sensations like movement which have the ability to grab and sustain their attention much more easily.

Focusing activities also help to develop a child's attention skills so that they can follow instructions etc... in class and at home, but also so that they are able to continue to notice the details in life, just as they naturally do as small children, right throughout their lives.

This attention to detail helps nurture a sense of gratitude, empathy and connection as they are able to witness and engage with the wider web of what's going on around them e.g. they are able to witness and respond to other's feelings appropriately rather than simply focusing on themselves which they are biologically programmed to do; they are also more able to put things into perspective when things go wrong etc...



UNDERSTANDING:

These activities further develop the child's ability to reflect before they move forward and particularly focuses on the concept that we are not our thoughts. We might feel bad but we don't need to be bad!

These activities also encourage children to sit alongside their thoughts and feelings without engaging with them and be welcoming of the full range of human emotion. Here, we aim to reduce the cycles of self-criticism and self-judgement that we often see in adults (including ourselves as instructors).

Furthermore, these activities help develop a child's comfort level when faced with uncertainty and complexity.

Essentially we are teaching them that 'It is ok to not know'.

This feels like such a relief as the stress caused by the urgency to be right, to know, to understand which can underpin our self-esteem and confidence, starts to lift.

The child is then allowed/given permission to explore and be creatively curious and simply enjoy the process of learning.

Alongside though, we are also helping them learn to tune in to and trust their own inner wisdom and knowledge which they can use where appropriate to help them make decisions etc...

CARING/CONNECTING:

These activities focus firstly on developing a sense of connection to ourselves, self-love and self-respect as without this it is difficult for us to engage in truly healthy relationships e.g. if you don't understand your own needs and values how can you expect friends to respect them.

This is a little like putting on your own oxygen mask before helping anyone else on an aircraft or as Thich Nhat Hanh writes 'If we do not know how to take care of ourselves and to love ourselves, we cannot take care of the people we love.'

These activities will also help foster a child's self-esteem and confidence which allows them to more deeply engage and invest in relationships and connection with others.

Alongside, we are empowering them to stay connected but only when it feels right.

Children are very naturally empathic and for some children this means that they find it difficult to separate their feelings from others and they end up taking on the suffering of others as their own.

We teach them to empathise, help the other person feel seen and heard, but remain objective as without this they can not truly offer compassion.

These activities also encourage children to learn to prioritise kindness, effort, courage, appreciation and acceptance over results.