

## **“YOU’VE GOT THE POWER”**

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### **You’ve Got the Power: It’s Time to Empower our Kids!**

An interactive and empowering workshop where participants will learn and experience the 7 superpowers that all kids and adults need. Participants will be inspired to be more creative and imaginative. We will show them how to use the themes of superpowers in their own programs by transforming mundane curricula into inspiring content kids want to learn. With hands on activities, physical games and yoga poses participants will be shape shifting, mind bending and finding their own hidden superpowers. Participants will be inspired to take their new powers back to their communities and make a difference one kids at a time.

#### **WORKSHOP OUTLINE:**

<b>Activities</b>	<b>Example</b>
<b>Hands-on activities</b>	Zenergy® class which includes physical games and poses. How can you use superpowers in your program
<b>Group discussions</b>	Key themes Community, Respect, Honesty, Courage Find the Villains in your program
<b>Lecture</b>	The role of superpowers in kids lives and the seven superpowers that all kids and adults need

#### **We will:**

- Address the root issues of obesity, lack of focus and bullying by empowering kids to make healthy life decisions.
- Teach the 7 superpowers that all kids and adults need
- Experience the superpowers through focusing exercises and Zenergy® class
- Help transform mundane curricula into inspiring content that kids want to learn by using the ideas of superpowers
- Help participants use their own hidden superpowers to overcome everyday obstacles
- Extend lessons outside of the classroom by taking a healthy lifestyle into the larger community

## **WORKSHOP OUTLINE:**

- Why Kids Need Superpowers Today
- How Superpowers helped my yoga program
- Get up move around and experience the Zenergy® program
- Tell you about the 7 superpowers all kids and adults need
- It takes more than Superpowers to be a Superhero, Superhero themes

***This workshop is about empowering kids. Empowering kids so they can do all things that they love to do in life and they can do their very best and reach their potential.***

## **Why Do Kids Need Superpowers Today?**

### **Challenges Facing Kids Today**

Obesity, ADD/ ADHD, Diabetes, Bullying, Cyberbullying

### **What are superpowers?**

They are tools to help build self confidence

They are tools to help overcome the negative

### **How are people using superpowers today?**

Some Examples of people using the themes of superpowers to engage kids

Very basic level Comic books getting kids excited about reading

Nutrition programs using superpowers

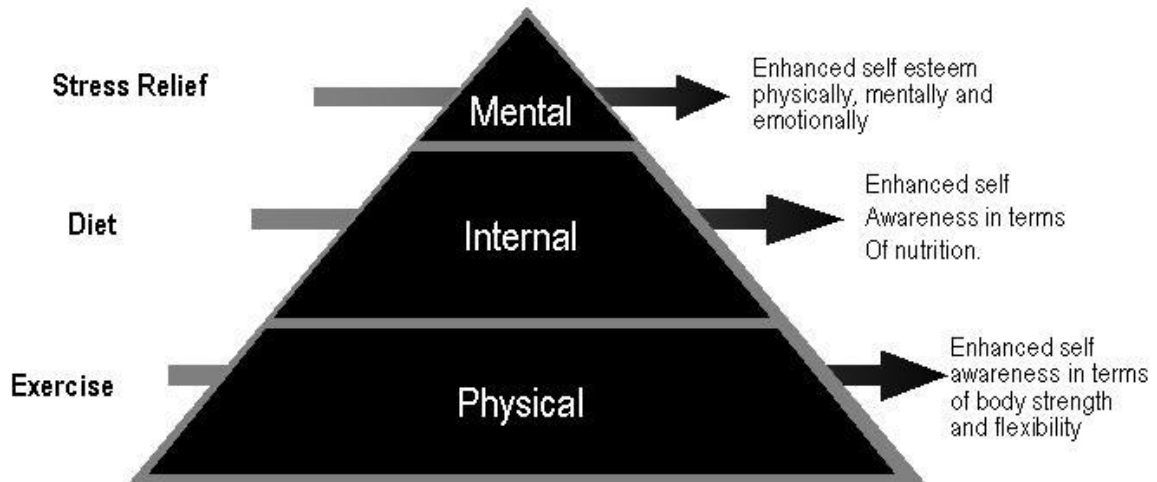
Superhero award points for completing daily activities

826 literacy program Dave Eggers literacy program in San Francisco getting kids excited about writing through the use of superhero themes

Superpowers at the sea- Santa Barbara clean water program battle for good ocean health, noble stewardship and sustainable living on land and sea

## How Superpowers Helped My Program

**Three Phases of Infusion** Because Infusion Wellness feels that health and wellness are something that “infuses” gradually into your everyday life. In our programs it begins with yoga at the bottom of the pyramid at the physical level and you gradually work your way up through the pyramid to the mental level.



Three Stages of Infusion

**If yoga could do all these things how would it make kids feel? I found kids were not interested in doing yoga and that my program really needed superpowers**

### Yoga and Superpowers

What if someone told you that you had superpowers? That you could be strong, healthy and confident simply by tapping your own unique inner potential. That is the empowering message Zenergy® send kids. And it's exactly what they need to learn- and believe - Using a completely unique approach that connects yoga with superpowers boys and girls love, Zenergy® empowers kids physically and mentally. By helping them see their potential as their personal “superpower,” Zenergy® lets kids discover that they can take ownership of who they are – and the choices they make- so they can be superheroes every day. With Zenergy® kids gain resources they can use every day- inside and outside the classroom. It not only strengthens bodies and encourages healthy choices, it builds the self-confidence and self-esteem that lead to those special words anyone involved with children love to hear: “I CAN DO IT!”

## **The Seven Superpowers all Kids and Adults Need**

- Channeling Your Energy
- Developing Endurance
- Finding Flexibility Through Change
- Bringing Balance To Your Life
- Building Strength
- Working In Partnership
- Sharpening Your Focus

## **It Takes More Than Superpowers to Make a Superhero**

### **Examples of Superhero Themes or Guidelines for using your superpowers responsibly**

- Respect: Superheroes respect themselves and others
- Community: Superheroes help their community
- Honesty: Superheroes tell the truth
- Courage: Superheroes stand up for their friends

Kids understand the concept of superhero outside of the context of comic books

Help the kids understand that it does not take huge steps to be a hero

You can be a superhero everyday just but the way you act.

### **How will you use your superpowers and take them back to your community?**

The Zenergy® program has been in the California School system for over 8 years. Individual non profits have reported successful qualitative results of improvements in key measures. Over 18,000 Elementary School kids and hundreds of teachers in the US have successfully participated

