



**Licensed C.H.A.M.P.S
Academy Leader**

Online Training

Module #3

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Foreword

I'm sure you found the last module a real eye opener about how space is so important and how perhaps as adults we take our instinct for granted.

Hope you had fun practising the activities and exercises.

Just in case you're wondering we'll be looking at the business and marketing of your C.H.A.M.P.S Academy from the next module onwards. I wanted you to really immerse yourself and enjoy some of the great activities and exercises first. Then we'll put our business heads on so you can see how it all easily fits together to be able to operate the business in your area.

Remember if you need support at any time, just click the support icon on the online training page.

I'm here to help you every step of the way!

So let's move on now to **Module #3**...

Enjoy!

Annette 😊

Important note: As you read and learn the contents of the training modules please don't worry if you don't understand everything right now. Sometimes these things become clearer as we move along.



Self Control & Stress Management

Introduction

This section focuses on the control of impulses and internal stressors that children frequently experience both on and off the playground.

Excitability in children can often get out of control and lead to violence, bullying, aggression, teasing and intimidation. A lot of children cannot recognise when they are over excited especially those with neurological problems.

It's important that all children experience movement activities that create a high level of excitement and energy in a safe environment so they can become more aware and ultimately learn to control impulses in their bodies. Without this awareness no child would be able to control over excitement.

SCSM EXERCISE 01:

[The 4 B's of Calming Down...](#)

C.H.A.M.P.S Academy Leader Instruction

Fun and interactive educational exercises for calming down.

First B: Brakes

Exercise 1) Stopping Short

Get each child to run as fast as they can from one side of the room to the other but stop themselves short before a certain point on the floor before reaching the other side/wall.

- Use a marker on the floor or some tape
- Create a story about being chased through the jungle and they have to stop before falling in the river

C.H.A.M.P.S Academy Leader Notes:



Exercise 2) Thunderstorm

Then each child becomes a thunderstorm that quickly fizzles out into rays of calming sunshine in the form of an isometric push. The children catch the energy of storm and squash it between their hands (*see video*).

- Remind them of spacial awareness
- Keep control
- Split the class into smaller groups to perform one after the other if space is limited

C.H.A.M.P.S Academy Leader Notes:

Second B: Breathing

1) Affirmations

Children lift their arms above their heads (fingertips touch at the top) breathing in and as they bring their arms down slowly they breathe out. Repeating this affirmation...

"calming in – energy out"

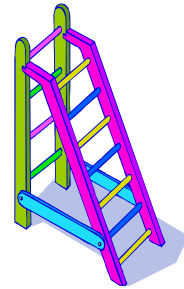
- Repeat this several times until the children feel calmer
- Breathing is from the abdomen not the chest

C.H.A.M.P.S Academy Leader Notes:

2) Tension Ladder

Children imagine they are breathing down a ladder of tension.

- Step 6, feeling excited,
- Step 5, calming down,
- Step 4 ...
- Step 1, feeling calm, relaxed and refreshed.



Small actions can be added such as lifting and lowering each foot, moving hands and arms like they're climbing down the ladder

C.H.A.M.P.S Academy Leader Notes:

Third B: Brains

1) Positive Language

Children use positive language and help them calm down

- "I am calming down now – calming down, calm, calm, calm"
- "I am slowing down now – slowing down, slow, slow, slow"
- " I am feeling safe now – safe, safe, safe"

2) Imagery

Children imagine that their excitability is like holding a hot potato, as it cools so does their energy calm down. You can use colour, sound, smell and affirmations such as...

"I am cooling down now, calmer, cooler, calm."

C.H.A.M.P.S Academy Leader Notes:

Fourth B: Body

Children stand still with feet together, arms by their sides. Ask them to close their eyes (parents can be on hand to support them or perform this exercise sitting down) and imagine their body as a stream of bright light.

Talk them through the different colours from red light that changes to orange, yellow, green and blue as they begin to calm down and be more relaxed.

C.H.A.M.P.S Skills

- Self control
- Recognising different feelings
- Managing emotions
- Physical control

Age related variations

- Adapt the different exercises for different ages where appropriate

C.H.A.M.P.S Academy Leader Notes:

SCSM EXERCISE 02:

Letting Off Steam...

C.H.A.M.P.S Academy Leader Instruction

Instruct children to run on the spot for 10 seconds. Then immediately practice going through the 4 B's of calming down (use isometric push for Brakes). Go through with them to remind them and instil confidence early on.

C.H.A.M.P.S Skills

- Listening
- Memory
- Self control

Age related variations

- Younger children can practice with their parents in the group
- Test younger children's memory once they become more familiar with the exercises

C.H.A.M.P.S Academy Leader Notes:

SCSM EXERCISE 03:

Energy Modulation...

C.H.A.M.P.S Academy Leader Instruction

Teach children a technique that enhances relaxation and releases muscular tension. Here you can play soothing music to enhance the feeling. Using imagery and visualisation take the children through a guided relaxation process. See Relaxation Section for options.

C.H.A.M.P.S Academy Leader Notes:

“Getting Organised” Tip

From the next module onwards we’ll be covering the business and marketing systems. So in preparation here’s a really useful tip for getting organised.

Spend an hour on a Sunday evening getting things ready for the week ahead.

Play soothing music, relax and decide what you MUST achieve over the next week.

Plan, set goals and discover what’s really important. By being relaxed you are more likely to align yourself to your inner powers and true values, this certainly beats rushing around on a Monday morning planning the week ahead.

If you don’t plan your own destiny you’ll end up fitting into someone else’s.

Assignments

At the end of each module there’ll be an assignment for you to complete. This is for your use only and no need to return.

The last module will contain an assignment for you to return but you’ll know exactly when that is and what you’ll need to do.

Assignment Guidance: Although the assignments do not need to be returned, do make sure you complete them all. They are in place to help solidify your learning and progression and will build your confidence through and through.

Now, on to this module’s assignment...

Module 3 Assignment

(This is for your use only)

Without looking back...

1. What can excitability in children quickly lead to?
2. Name the 4 B's of calming down
3. Start using the Getting Organised tip now and notice what a difference it makes to your productivity and time management

See you in module 4 for ***Awareness to Danger & Threatening Situations Training*** and making a start on the C.H.A.M.P.S Academy business systems.

Enjoy practising the techniques and remember to revise previous modules as we progress through the training!