

Just DANCE[©]

A Mindful Existence in Motion
For a creative path to wellbeing



MEDITATION

MOVEMENT

MUSIC

JOURNALLING

YOGA

Introduction

2Just DANCE: A creative path to wellbeing, uses the fundamentals of the ancient practice of Mindfulness and its seven attitudes: non-judgment, patience, beginner's mind, trust, non-striving, acceptance and letting go. This practice uses the artform of dance as the primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit and fusion, that cultivates other important attitudes to promote wellbeing: friendliness, gentleness, non-attachment, happiness, attunement, confidence, community, gratitude, curiosity, non-reactivity, creativity, persistence, willingness and openness.

Combining and respecting the primary areas and attitudes of Mindfulness, allows the individuals to tap into their body's own healing resources, cultivating their own unique creativity on their path to mental resilience and wellbeing.

All programmes are designed and delivered age appropriately, starting at age 7years upwards and delivered throughout an academic year.

'Paying attention in a particular way: on purpose, in the presence of the moment, and non-judgmentally' (Kabat-Zinn, 1994/2005)

Who am I

Geeta Pendaer



A strong, dedicated, committed professional, author and life coach with excellent engagement skills. Have a proven track record in excess of 25 years, of working with children and families within the schools, community, young offenders and social services arena, in the capacity of an Artiste (Music and Dance), Family Group Conference Coordinator, Mediator. Also served on the Board of the Luton Carnival Arts Development Trust, now called the UK National Centre for Carnival Arts in the capacity of an Executive Director. My experience, training and life skills lends itself to a stellar provision of a wide range of mediation and wellbeing services in my repertoire.

As a Looked After Child in the 1970's, due to the subjection of many types of abuse, neglect and rejection, I feel I have a full understanding of a child growing up through turmoil, having to deal with the issues around mental health and the instability of the 'self.' However, on reflection, my journey through life, the careers around work to help others, globally and the acquisition of training and skills to promote delivery of my services through my journey, within schools, community and social services, were all a part of my own healing process. In addition to the above, I travelled extensively through my passion for dance, performed on international stages, learnt about many cultures, worked as a volunteer in India in helping girls of the less fortunate community, get married and build their lives, supported polio and eye operation patients from surgery through their healing journey to discharge. This enlightening experience set me on my spiritual journey on a Sikh pilgrimage, where I travelled throughout India, healing in the process.

As an independent woman, my training to 'heal the self, along with my life experience and journey has been an incredible one. It has taken me full circle to accept all the challenges, the pain and trauma, to make peace, forgive and move on in the present moment. Working and engaging with the best teachers in life; children and people, has strengthened my practice and resilience. This has enabled me to design a robust tool kit to help heal the inner child, promote mental resilience and wellbeing, which is all delivered through my 2Justbe Programmes.

What the programme offers

2Just DANCE proposes the following offering for the wellbeing of children and parents:

Curriculum programme –

- 1 hour sessions made up of:
 - 15 minutes introduction, body scan (1st session will require children to complete their 'My Heart Matters' Book)
 - 30 minutes of dancing mindfulness
 - 15 minutes of 'checking in' body scans and meditation
 - for up to 20 children per session
- Curriculum links with PHSE and PE
- Monthly KPI reporting recording each pupil's wellbeing journey
- Supports Non-Contact time cover
- Compliments other programmes used within the school

Extra-Curricular Programme -

- Breakfast and After School provision available for children and parents.
Flexibility on times possible.
- 1 hour sessions made up of:
 - 15 minutes introduction, body scan (1st session will require children to complete their 'My Heart Matters' Book)
 - 30 minutes of dancing mindfulness
 - 15 minutes of 'checking in' body scans and meditation

- for up to 20 children or parents
- Possible KPI reporting, if required.

In addition to the above provision, we also offer 1:1 Sessions for both curriculum and extra-curricular time, in dance and life coaching using NLP techniques. Please see our proposal, A Mindful Existence: Mental Health and wellbeing for Children and Young People, or our website www.2justbe.com for our full range of services.

How does it work

The 2Just DANCE programme breaks down the seven attitudes of Mindfulness, combines it with the primary areas to help the children to embrace the attitudes delivered through dance with a provision of techniques, coping strategies and mechanisms to help with negative triggers causing negative emotions, anxieties and or trauma. The programmes are carefully planned to ensure engagement and awareness of being present, through creative guided movement, using props to add interest and focus, using a playlist of songs chosen by the children.

The start of each session, each child will be given a 'My Heart Matters' Book to work through their emotions, wishes and feelings. The book is used as a toolkit to gauge the state of wellbeing of the child. The guided movement will work on the negative emotions or trauma of the child using a carefully planned programme, creating a safe space for each child to be able to express and tell their story through dance.

This process with the books is carried out every six weeks, along with a report that measures the journey of each child. Please note that permission will need to be obtained from parents and the child to disclose their journey. Safeguarding practice applies at all times.

What are the benefits

Dancing Mindfulness for the children:

- Increases connectivity in the frontal lobe of the brain, which improves attention, memory processing and decision-making abilities
- Helps children to tune into internal and external experiences with curiosity, improving self-awareness, social awareness, and self-confidence.
- Increases children's ability to self-regulate their emotions, especially difficult emotions such as fear, anxiety and anger, through breathing, dance and movement and other grounding techniques.
- Improves empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.
- Reduces the severity of depression, anxiety and ADHD in children.
- Builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

For the teachers and school:

- Calmer and more focused children, promoting school attainment.
- Promotes behaviour management
- Ideal during non-contact time

For parents:

- Calmer children at home
- Helps with behaviour management
- Promotes quality time with child/ren and parent/s

Technicalities

In order to provide the best service for our clients, we will need/provide the following:

- The use of a safe space is required to deliver the programmes, where the children can feel comfortable and free to express themselves.
- All other equipment, props, resources and music is the responsibility of 2Justbe. In addition, we appreciate that music can be a distraction, therefore we have Silent Disco equipment with the use of 50 headsets that can be used both inside or outside sessions.
- Registration and permission forms to be completed by parents.
- We will need to be made aware of the contact in school for reporting in case of an emergency or safeguarding concern.

We are committed to provide an excellent service and ensure best practice and carry the following:

- Public Liability Insurance (£5m) & Personal Indemnity Insurance (£2m)
- DBS Enhanced

It's for everyone...

2Just DANCE is available for everyone, basically if you have a mind and a heart, it's for you. It is the responsibility of each individual to care for themselves, mentally. So if you are:

EDUCATORS OR PROFESSIONALS -

- Toxic stress starts as decreased productivity and creativity, escalating to more serious symptoms like frequent anxiety, dissociation, frustration, and, eventually, burnout. Just under 40,000 teachers quit the profession in 2016 – the latest figures available – representing about 9% of the workforce, according to government figures, cited in The Guardian <https://www.theguardian.com/education/2018/may/13/teacher-burnout-shortages-recruitment-problems-budget-cuts>

PARENTS:

- Toxic stress can lead to a parenting style that looks more like a “to-do” list, rather than an empathic, present-centred relationship with a developing child. Such toxic stress can have damaging effects on learning, behaviour, and health across the lifespan. However, if the stress response is extreme and long-lasting, and buffering relationships are unavailable to the child, the result can be damaged, weakened systems and brain architecture, with lifelong repercussions.

For more information:



W: www.2Justbe.com | T: 01582349101/07492 113012 | E: info@2justbe.com

Just DANCE[©]

A Mindful Existence in Motion

For a creative path to wellbeing



"If you hit a wall, climb over it, crawl under it, or dance on top of it." – Unknown

"Dance is the hidden language of the soul." - Martha Graham

"Consciousness expresses itself through creation. This world we live in is the dance of the creator. Dancers come and go in the twinkling of an eye but the dance lives on. On many an occasion when I am dancing, I have felt touched by something sacred. In those moments, I felt my spirit soar and become one with everything that exists." - Michael Jackson

"Dancing is a perpendicular expression of a horizontal desire." - George Bernard Shaw

"To dance is to be out of yourself. Larger, more beautiful, more powerful... This is power, it is glory on earth and it is yours for the taking" - Agnes De Mille

"Those who were seen dancing were thought to be insane by those who could not hear the music." - Friedrich Nietzsche

"Our biological rhythms are the symphony of the cosmos, music embedded deep within us to which we dance, even when we can't name the tune." - Deepak Chopra

"Life is the dancer and you are the dance." - Eckhart Tolle

"When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way." – Wayne Dyer

"Life is a dance. Mindfulness is witnessing that dance." - Amit Ray

"We should consider every day lost on which we have not danced at least once." - Friedrich Nietzsche

"Music touches us emotionally, where words alone can't." - Johnny Depp

"We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams." - — Albert Einstein

