

# MY OWN GUIDE TO.....

## 12 WEEK HEALTH COURSE FOR CHILDREN AND FAMILIES



Our iCan practitioners lead this engaging course across a digital platform so children and families can learn in their own home, together for mutual benefit.

**Course content suitable for KS2 and includes:**  
**LIVE WELL GUIDE BOOK FOR FAMILIES**  
**MY OWN GUIDE WORKBOOK FOR EACH CHILD**

**Mental Wellbeing**

**Emotional resilience**

**Coping strategies**

**Positive thinking**

**Water intake**

**Good nutrition**

**Exercise**

**Sleeping well**

**Different activities, games and exercises every session.**

**BOOK YOUR GROUP OR  
SCHOOLS COURSE TODAY!**

**Hi, I'm Resi Lience....  
get it... resilience!**

If the children complete the 12 week course- they will receive a special gift from me and the chance to win a goody bag worth over £30!

"WOW! What a great session... The young people and carers were engaged all the way through. The content is perfectly suited for their ages." S. Dawson-CFS



"The children love these sessions and fill in their workbooks with excitement! Resi is great and we love the way they change colour as they learn!"- Newtown primary school

**73% FEEL  
MORE  
CONFIDENT**

**60% SAY  
THEY HAVE A  
BRIGHTER  
OUTLOOK ON  
LIFE**

**82% SLEEP  
BETTER**

**90% EAT  
HEALTHIER**

**88% SAY  
THEY HAVE  
IMPROVED  
THEIR  
KNOWLEDGE  
OF HEALTH  
AND  
WELLBEING**

