



— CAPTAIN  
FANTASTIC —

# FEELING FANTASTIC

MINDFULNESS, WELLBEING AND  
RESILIENCE CLASSES FOR CHILDREN





IN AN INCREASINGLY  
FAST-PACED WORLD,  
LEARN TO SLOW DOWN  
AND BE IN THE MOMENT

## WHAT WE ARE ABOUT

We believe that creating well-balanced and healthy children who can learn to manage their emotions is equally as important to getting good grades, if not more.

Concepts such as resilience, tolerance, mindfulness and confidence are all difficult subjects for children to grasp. As the leading children's specialists in entertainment, 'we're able to explore these tough concepts in a far easier and fun way, which kids can engage with and understand.

A recent poll commissioned by 'Young Minds Charity' found that 93% of 6000 teachers believe the educational system places too much focus on academic performance and not enough on children's wellbeing.

WHAT  
WE  
OFFER





## Wellbeing Discovery Day

Our 'Feeling Fantastic' discovery day is a full day of active workshops and exercises. We take each year group on a guided session of wellbeing, mindfulness and resilience. We start with a mindful moment to focus and engage the children - most of the time children are told to pay attention but are rarely shown how.

We combine education and entertainment through the use of magic, dance and laughter to teach self-belief, tolerance, inclusion, attitude and the importance of a growth mindset.

## Wellbeing After School Club

We run our 'Feeling Fantastic' club after school, as an extracurricular activity funded by parents. Each session is created around a particular topic such as confidence, self-control or resilience. Our trained entertainers follow our successfully proven process and format for each weekly class.



## Wellbeing Holiday Camps

We spend a fun-filled educational week exploring mindfulness, wellbeing and resilience with children aged between 5-11 years. Each day is packed with energetic, fun-filled activities to completely engage all children.

All our staff are professionally trained performers, their wealth of experience ensures they can help even the shyest of children to enjoy a wonderful experience.

# WHY WE STARTED 'FEELING FANTASTIC'

Each year, approximately 1 in 4 people in the UK suffers from a mental health problem and 75% of all mental illnesses start before the age of 18.

Our specifically designed wellbeing classes provide children with the skills required to help cope with problems and prevent issues from further developing.

Not only is wellbeing incredibly rewarding for the children and their parents, but it has a huge effect on teachers too.

Imagine if students paid more attention?  
Had better self control?  
Could manage their emotions?

Teaching these life tools will lead to a dramatic increase of achieved school work and a positive social atmosphere across all areas in school and home life.





# CAPTAIN FANTASTIC

020 8245 9019  
info@captain-fantastic.co.uk  
www.captain-fantastic.co.uk

