

**INFORMATION PACK:**

# **MAGICAL MINDS**

**PROMOTING HEALTHY MINDS & BODIES**



**Supported by Arts Council England**

**[www.atriuefittcollective.com](http://www.atriuefittcollective.com)**



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# A Day of Magical Minds



**Magical Minds runs from 9:00AM - 14:30PM**

## **PERFORMANCE:**

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**9:30AM - 10:15AM (Whole school performance & Q&A)**

**3 characters embark on a journey to the centre of the brain to save everyone from the emotion squasher. The emotion squasher tells everyone that if they squash their emotions they can feel good all of the time, in reality we find that by doing this we won't get very far on our journey in life. On their journey, they experience many emotions; a happy dance, sad dance, nervous dance and angry dance but when they finally make it to the centre of the brain, they realise that all of these emotions have helped them to survive.**

## **DANCING MINDFULNESS WORKSHOPS:**

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**10:30AM - 14:30PM (6x 45 minute workshops to be agreed with schools directly)**

**Dancing Mindfulness workshops use Movement, Music and Mindfulness-in-Motion to reach a place of greater awareness. The core principles of the workshops are: non-judgement, letting go, trust, patience and acceptance. Dancing Mindfulness increases connectivity in the frontal lobe of the brain which increases children's ability to self-regulate their emotions, self awareness, social awareness and self-confidence. The workshops are carefully and age appropriately devised with a continued reference to the performance ensuring engagement and an awareness of being present.**

**Dancing Mindfulness increases empathy and the ability to understand what another may be feeling which improves Childrens awareness and helps them to build positive strong relationships. Dancing Mindfulness can reduce the severity of depression and anxiety in children. The practice of Dancing Mindfulness can continue to be practiced within the classroom / school environment and children can even begin to use it at home to help them cope with their emotions.**

# Artist in Residence



**Artist in Residence will run from January - March 2024**

- **Each school that takes part in Magical Minds will also have the opportunity to have an Artist in Residence who will work closely with your school after the tour to provide further workshops and staff teacher training.**
- **The artist in residency will work closely with all year groups and staff to offer group and 1-1 Dancing Mindfulness workshops. The project also involves hands-on training in Dancing Mindfulness with the purpose to develop, in collaboration with teaching staff, more creative approaches to support children's learning and wellbeing.**
- **The artist in residence will spend one school day per week for half a term to bring their knowledge and expertise aiming to support, invigorate and develop learning in primary schools.**



# WHAT WE OFFER:

## "DANCING MINDFULNESS EXTRACURRICULAR"



**Truefitt Collective are the first in the UK to offer and run Dancing Mindfulness workshops in Primary Schools as After-School clubs, Breakfast Clubs, CPD and 1:1 workshops. As part of Magical Minds, we require each school to provide a meeting with Truefitt Collective in order to consider future partnership and further workshops.**

**Our Artistic Director is trained with The Institute of Creative Mindfulness and all teachers hold fully enhanced DBS checks and are trained in first-aid and safeguarding.**



# BOOK A DAY OF MAGICAL MINDS

Magical Minds has been supported by Arts Council England to tour to 10 primary schools across Hertfordshire & Bedfordshire during the Autumn Term of 2023

## Cost:

There is a small cost of **£100** per school to secure your partnership and commitment in taking part with Magical Minds (usually costing £3000 without support). You will receive a full day of Dance Performance, 6x Dancing Mindfulness workshops as well as an Artist in Residence for 6 weeks.

Email to book Magical Minds from the following tour dates:

**Artistic Director:**

**Kasia Truefitt**

**[atruefittcollective@outlook.com](mailto:atruefittcollective@outlook.com)**

**Thursday 14th September 2023**

**Thursday 21st September 2023**

**Thursday 28th September 2023**

**Thursday 5th October 2023**

**Thursday 12th October 2023**

**Thursday 19th October 2023**

**Thursday 2nd November 2023**

**Thursday 9th November 2023**

**Thursday 16th November 2023**

**Thursday 23rd November 2023**



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