

# Mindology Fitness Kids

## More Than Mindfulness—A Future of Emotional Mastery Revolutionizing

### Social-Emotional Learning in Just 25 Minutes a Day

Traditional SEL programs focus on behavior conditioning and coping mechanisms. **Mindology Fitness Kids** (MFK) goes deeper by integrating:

**Emotional Processing & Resolution** – Helping students identify, understand, and dissolve negative emotions.

**Behavior Dissolution Techniques** – Rewiring emotional responses at the brain-body level for **lasting change**.

**Neuroscience-Based Music Therapy** – Using specific sound frequencies to **regulate the nervous system, reduce stress, and enhance focus**.

**Mind-Body Integration** – Movement-based exercises that **activate emotional intelligence and self-regulation**.

### How the 25-Minute Class Works

MFK is a structured yet flexible format that **seamlessly integrates into any classroom**, enhancing students' ability to **focus, self-regulate, and thrive emotionally**.

### We Train Teachers, Teachers Empower Students

Our **4-hour remote teacher training** provides educators with the skills and confidence to implement MFK seamlessly. After training, they receive a **25-minute pre-recorded class** to guide instruction while reinforcing key concepts. Teachers also gain:

✓ **\_The Science Behind Emotional Fitness** – Understanding the neuroscience of emotions and behavior transformation. ✓ **\_Hands-On Classroom Strategies** – Practical techniques for managing emotional challenges and supporting students. ✓ **\_Trauma-Informed Approaches** – Ensuring all students feel seen, heard, and empowered. ✓ **\_Plug-and-Play Curriculum** – A structured program that integrates effortlessly into daily routines.

### Why Schools Need Mindology Fitness Kids

MFK is **more than an SEL curriculum—it's a mental fitness system** that fosters long-term emotional resilience.

✓ **\_Quick & Effective** – Just **25 minutes per session** with **long-lasting** impact.

✓ **\_No Extra Prep for Teachers** – A **structured, plug-and-play** approach.

✓ **\_Measurable Emotional Growth** – **Trackable improvements** in student behavior and emotional regulation.

✓ **\_Inclusive & Accessible** – Designed for **all students**, including those with trauma and behavioral challenges.

Certified teachers receive not only the full training but also a **25-minute pre-recorded class**. This allows them to:

- **Teach alongside the recorded session** to support their delivery.
- **Use the pre-recorded version** until they feel confident enough to lead independently.
- **Simply play the video for children** as long as a certified teacher is present to provide emotional support if needed.

### **Certification Process:**

1. **Training Session (via Zoom):** One of our extraordinary Mind Champs meets with the teacher(s) to introduce them to the program structure. With the support of their Mind Champ, teachers complete the four-hour training modules and are certified.
2. **Completion Training:** Once certified, teachers receive their certificates and are now qualified to deliver Mindology Fitness classes to their students.
3. **Ongoing Support:** All certified teachers are invited to join the **WhatsApp community chat** where they can connect with other MFK teachers, share experiences, and seek continued guidance from Dr. Troy and the community of MFK Mind Champs.

### **Parent Engagement:**

To ensure that the benefits of Mindology Fitness Kids extend beyond the classroom, we also offer a complimentary **90-minute parent training session via Zoom**. This session provides parents with an understanding of what their children are learning in MFK classes and equips them with techniques to reinforce these lessons at home. By integrating these practices into daily life, parents can foster emotional resilience and create a supportive environment that enhances their child's mental wellness journey.

Upon completion of the training session, Parents are gifted 24/7 access to the Build-A-Me, 5-minute MFK class.

Learn more, visit <https://www.dr Troybyer.com/mindologyfitnesskids>