

NeuroHeart Education Foundation 2024



COURSE PORTFOLIO : **1.4** SUPERSTAR SYSTEM



1.4 SUPERSTAR SYSTEM — JO BIVENS

TEACHERS IMPLEMENTING EMOTIONAL INTELLIGENCE TO HELP CHILDREN

ABSTRACT

The SUPERSTAR SYSTEM is a creative and enjoyable way to support children aged 5-8 years to be their best and shine bright! The SUPERSTAR SYSTEM focuses on 5 key areas, just like the points on a star, providing practical tools and techniques to help children to self soothe, be strong, support each other, feel positive and bright and realise how special they are.

Trainees will enjoy experiencing the activities first hand and practice with the rest of the group. They will explore how the SUPERSTAR SYSTEM could most effectively work in their setting. They will receive an e-book for children and the SUPERSTAR SYSTEM Specialist's Manual filled with SUPERSTAR SYSTEM songs, rhymes, poetry, and activities- everything that will be needed to effectively deliver the SUPERSTAR SYSTEM.

On successful completion of the Programme certified as a 'Superstar System Specialist' by The Children's Coach Ltd.

STRUCTURE

7 X 2 hour sessions or 2 days

COURSE CONTENT

SUPERSTAR SESSION 1:

WELCOME- Introduction to the SUPERSTAR SYSTEM including

- Background to the SUPERSTAR SYSTEM
- SUPERSTAR SYSTEM story
- The SUPERSTAR SYSTEM 5 Star Points
- Benefits of the SUPERSTAR SYSTEM
- Role of a SUPERSTAR SYSTEM Specialist
- How to incorporate the SUPERSTAR SYSTEM with the children that you work with

SUPERSTAR SESSION 2:

SPECIAL- How to nurture children to realise how special they are including

- What is self-esteem, what causes low self-esteem and how does it affect children?
- Superstar names
- Superstar self-confidence exercises
- Complimenting and use of 'Because'
- Identifying and showcasing skills





SUPERSTAR SESSION 3:

SMILE- Ways to lift a child's mood so they feel brighter and happier including

- History of Therapeutic Laughter
- Health benefits of laughter
- Superstar Sillies- activities that provoke a smile
- Superstar Silence- Mindfulness
- Superstar Smelling and Sighing- Breath work
- Superstar Shakeouts- Physical exercises

SUPERSTAR SESSION 4:

SOOTHE- Methods to help children self soothe to feel calmer including

- Signs and symptoms of stress
- 'Superstar Sparkles'- Emotional Freedom Technique Tapping
- 'Superstar Smelling and Sighing'- Breathing Exercises
- 'Superstar Car'- Visualisation
- 'Superstar Stokes'- Physical Calming Methods
- 'Superstar Stress Stars'- Worry Dolls
- 'Superstar Stop'- Self-control exercises
- Creating a 'Superstar Soothe Spot'

SUPERSTAR SESSION 5:

STRONG-Techniques to help children feel strong and confident including

- Signs of a confident child
- What causes low confidence in children.
- NLP Techniques including Anchoring, Circle of Excellence (Superstar Spot) and Star Stance
- Superstar Mantra
- Developing Perseverance
- Make it 'Superstar Small' -the art of chunking

SUPERSTAR SESSION 6:

SUPPORT Creating opportunities for kindness, sharing and teamwork including

- Benefits of helping each other and being kind
- Developing listening skills
- Developing empathy
- Power of Gratitude
- Superstar Support Starters
- Creating a Superstar Support System- Star buddies, Star groups, whole class stars, link with other SUPERSTAR SYSTEM settings

SUPERSTAR SESSION 7:

PRACTICAL APPLICATION

- Delivery and Feedback
- Individual SUPERSTAR SYSTEM Plan
- Celebration of our SUPERSTAR SYSTEM Specialists





ABOUT JO

Jo Bivens specialises in Drama, Education and Therapies and combines these passions to provide creative ways to inspire educators and young people to be their best. Jo has a long held passion for drama, setting up 'The Joanna Bivens School of Speech and Drama' at the age of 16 then going on to studying Drama and English at university. She continued to utilise these skills in the workplace, using drama as a form of self expression for young people with learning and behavioural difficulties.

Jo lived in Southeast Asia for 13 years, working as an Education Specialist in an Arts Education company developing programmes for children which were sold worldwide, before setting up her own Drama School in Singapore.

Since returning to the UK Jo has worked for the Government to set up and manage a Centre to support young people to develop their confidence and self-esteem, and been involved in exciting initiatives such as the 'Go for Gold' programme for the 2012 Olympic Games. She is the Director of The Children's Coach Ltd a company which she founded 10 years ago. Jo has several published books, one of which earned her the International Education Hero of the Year. She also works with the National Literacy Trust to encourage children in England to enjoy reading, and conducts Examination Tours around the world for Trinity College London.

With a keen interest in education and how the human mind works Jo has undertaken a wide range of courses, earning Licentiate Teachers Diplomas and a Masters in Education - specialising in Leading Professional Development and the role of education in families, school and society - while also becoming a Master Practitioner in both Neuro Linguistic Programming and Hypnotherapy.

Jo has been made a Fellow of both the 'Royal Society of Arts' and the 'Royal Society of Public Health', recognising her commitment to the well being of young people and dedication to the Arts over her career. She was also named the 'Young People's Hero' for the difference she has made in young people's lives and was honoured to be shortlisted for an MBE.



CONTACT

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