



School-Based Program and Curriculum

Sponsored by

**THE
D. DAN & BETTY KAHN
FOUNDATION**

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The Childhood Resilience Initiative is a project of Kids Kicking Cancer

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Dear Teachers,

We are honored by your participation in the Heroes Circle®. The Heroes Circle is a global healing and wellness initiative inspired by the children of Kids Kicking Cancer. At its core it promotes the ability of all children to self-regulate, care for others and learn to respect the power within themselves. You will hear and see many times our mantra, “Power Peace Purpose”. These words create a culture of opportunity unique to the teaching community that assists in allowing the classroom to be a place of learning skills that provide the greatest opportunity for children to grow and prosper.

The Heroes Circle provides multiple unique experiences for children and teachers. The breathing techniques are simple, movement oriented, imagery based and easy to integrate. Most importantly, all of the lessons are connected to the “precocious” amygdala of children who want to be powerful and in control. The Heroes Circle creates a culture that focuses upon the need for recognition as each child becomes a teacher in his or her own right. At the same time, the children are introduced to the fact that there are many children in hospitals around the world who are lonely and feel different from everyone else. When students take a Breath Brake®, we will provide opportunity to allow Kids Kicking Cancer children around the world to thank their new friends. Your students will be helping others as they themselves retrain their brains to take control over the damaging chemicals of stress and trauma. Empathy is a powerful therapeutic tool at the center of the Heroes Circle. Positively connecting to others allows the healthiest connections to ourselves.

Your insights, critique, suggestions and general thoughts are essential to the success of this project. We are available for your questions and comments and look forward to learning much from you. The stress that children bring into the classroom underlies the greatest challenges that you as a professional face in effectively imparting information and skills to your students. Together with the Heroes Circle tools, the depth of your concern for each child, and your years of training and experience, we will continue to build together an environment of empowerment and growth for each child.

Thank you for becoming a member of our Heroes Circle family.

Power Peace Purpose,

Rabbi Elimelech Goldberg

Founder and International Director - Kids Kicking Cancer

Clinical Associate Professor

Wayne State University School of Medicine

THE CHILDHOOD RESILIENCE INITIATIVE

The Childhood Resilience Initiative is a Heroes Circle program that uses the meditation, movement, and empowerment of the martial arts as a therapy to build positive stress responses for children facing multiple levels of trauma and anxiety. It is applicable in schools, home, and in the community. The CRI Committee is composed of educators, therapists and community leaders who view this outreach as a simple and sustainable solution to lowering stress and trauma in children and seek to spread its growth, locally, nationally, and globally.

“The criminal and civil justice systems are directly impacted by the growth of mental health challenges in the community. The Heroes Circle is a unique, sustainable, upstream solution. We are working hard in the Childhood Resilience Initiative to spread these evidenced-based techniques throughout the State of Michigan and beyond.”

Bridget McCormack

Chief Justice, Michigan Supreme Court
Co-Chairperson, The Childhood Resilience Initiative

“As an educator for over 25 years, I have seen a number of educational programs at all grade levels. Yet, I have never experienced one that has as profound of an impact on a school community as the Heroes Circle. The locus of control is on students who are empowered to utilize skills they develop while participating in the program to be their best selves. Through their skill set and a process of self-discovery they exhibit more empathy, mental health and wellness, emotional and behavioral self-regulation and healthier social relationships. Now more than ever, our society is craving citizens who demonstrate these skills. Developing these skills as habits or as ways of being at the elementary level will lead to students with better academic, social and behavioral outcomes and give our Oak Park School District graduates an advantage while positively contributing to our world.”

Jamii J. Hitchcock, PhD

Superintendent, Oak Park Schools
Co-Chairperson, The Childhood Resilience Initiative

THE CHILDHOOD RESILIENCE INITIATIVE COMMITTEE

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