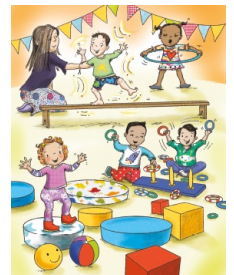


'Leon's Magic Mantra' Intention behind the story

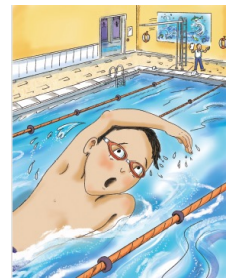
The story is written for young children connecting with them at an emotional level. To complement the story there is a 'Time to Talk' section that opens up opportunities for discussion. Parents, grandparents, relatives and guardians can discuss the story with their child and how we can use Leon's practices to have a **positive impact** in our everyday lives.



Developing communication and language at a young age is essential to a child's development. At the back of the book there is a step-by-step explanation for parents, sharing how to explore the practices together. As a parent spending quality time modelling thoughts and ideas with your child supports their understanding and gives them the opportunity to talk and ask questions too. These conversations build confidence, promote new language and build understanding. **This is key to unlocking literacy and life chances for our youngest children.**



Leon Taylor's inspiring story demonstrates how he controls fear in his life. 'Leon's Magic Mantra,' shares how he uses specific practices that connect us to the power we all have inside ourselves.



1. Visualisation – teaching children how to take control of how they feel and seeing things going well in their lives.
2. Breathing and smiling – deep breaths relax our bodies, helping us to feel calm and in control. Smiling sends a signal to the brain, releasing endorphins, which make us feel happy. We cannot feel fear and happiness at the same time!
3. Using a mantra – a phrase that we can repeat in our minds to express positive beliefs about ourselves. As we say the mantra, we become self-aware and feel in control of what we say to ourselves. "I breathe in belief and I release the fear".



P.T.O

If you would like to discuss how your organisation can get involved with Generations then please contact Andrew Goff. andrew.goff@io.uk.com or +44 7967 565 882



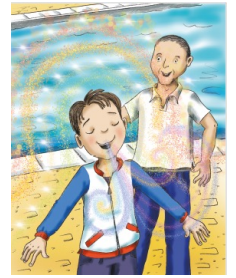
GENERATIONS

inspire • learn • grow

These are practices that can be embedded into our daily lives. It can be a daily practice, or however frequently we need it, depending on what we are doing and how we are feeling.

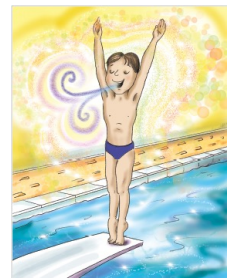
Fear is something we all experience, it is vital that children are given the tools to overcome barriers in their lives, building resilience and recognising that they have control over what they think about.

Through his life Leon was able to master fear by using the practices in this book. It is essential that children understand it is normal to feel fear, that this is a physical and emotional response to danger. Our brain's job is to keep us safe; it is not there to keep us happy. We have to train our brains by telling them what we want. Taking small steps at first helps us to build courage and confidence in our abilities and recognise our strengths. When we understand how to release our fears we can focus more calmly on achieving our aspirations.



The main themes in the story:

- How to take control of fear
- Personal power
- Power of thoughts
- Self-control
- Self-awareness
- Building self-esteem
- Building self-belief



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