



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



Case Studies

Bolsover Church of England Junior School
Horsehead Lane
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The importance of a healthy mind...

Being aware of the fact that our pupils can often suffer from low self-esteem, poor confidence and low mood, I asked Seb to come into school to deliver an assembly. He did this over six weeks ago, and I am thrilled to see that his teachings and messages are still very highly spoken of by our pupils and staff. His understanding of the human mind is staggering and every single person in our assembly hall was in complete awe.

Seb explained the importance of keeping our minds healthy; we know how to keep our bodies healthy and fit, but we often forget the utmost importance of our own mental health; something that is vital for the next generation. Seb had the entire hall up on their feet in order to change their state of mind, and showed, with results, how easy this is for us all to do daily. He gave children strategies to recognise when they have low self-esteem and negative thoughts and what they can do to help themselves.

As well as inspiring our children, each and every staff member was hooked on Seb's knowledge. Most teachers understand that children should concentrate, should be positive and should not have low self-esteem, but often teachers do not know how to teach children and equip them with the knowledge of understanding their own mental health. Seb outlines this and gives strategies on how to teach children these vital life skills.

Keep up the amazing work

Best Wishes

Mrs Claire Bailey
Head Teacher

Seb Kane
Creator Evo Brain Body Mind

Seb Kane