



BRAIN|BODY|MIND

The NeuroWay By Seb Kane



## Case Studies

**Birchfield Primary School**  
**Birchfield Avenue**  
**Gildersome**  
**Leeds**  
**LS27 7HU**

### **The importance of a healthy mind...**

When Seb came to visit our school, we really had a positive experience and I would highly recommend working with him. In order for the day to be effective for our school, Seb was flexible in how the day was organised. He spent a full morning (prior to the time he spent in school) meeting with myself and our mental health leader, discussing our thoughts and the vision we had for our school and our children. We instantly took ideas from this meeting; one of which was how we changed our worry tree within school to a gratitude tree. Each week we now share what and/or who we are grateful for and promote this across school. In February, Seb came to school and spent a full morning with us. The day began with a positive mindset assembly. It was fun, interactive and encouraged pupils to think about what it means to have a positive mindset, and how we are in total control of whether we feel happy or sad. Parents from our mental health and well-being team and all members of staff were encouraged to take part. Children were educated about the importance of having a healthy mind and body.

After the assembly, we selected key classes for Seb to work with; one particular class had a significant amount of children who unfortunately struggle to have a positive attitude towards life and learning. This class teacher said, "Seb made a lasting impression on my class and they referred to him for weeks after as the positive guy. In a short time, he managed to inspire the children and asked them to reflect on their attitudes and actions. He wowed them with tricks whilst encouraging them to work outside of their friendship groups. His fast pace was effective and infectious – pupils loved taking part in his demonstrations whilst learning super ambitious scientific vocabulary. Seb instantly built positive relationships, offering ideas, challenges and motivation."

During the day, we were fortunate enough to work alongside Seb so that he could begin training with a select number of children to become mental health ambassadors. Seb is on a mission to develop and promote mindfulness within children and we absolutely loved having the opportunity to understand the importance of our brain. One pupil said: "I am shocked what my brain can do because I never knew it could do all this! Today has been so good!"

When Seb left, there was a 'buzz' across school. Words used to describe his work in the staff room were: 'fascinating, inspirational, thought-provoking.' We will definitely continue to work together and look forward to embedding the skills for the mental health ambassadors with the help and guidance from Seb.

Thank you once again; we learnt so much.

Lizzie Bratby (Deputy Head Teacher)

Seb Kane  
Creator Evo Brain Body Mind

*Seb Kane*