



FEEDBACK

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what you want to see more of.*

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EXTRAVAGANZA

*A fun-filled celebration of self
and others.*



What is Extravaganza?

Extravaganza is an immersive and energizing Experience designed to help kids cultivate a positive mindset, build unshakable confidence, and develop courage to face challenges with resilience and grace.

Why Extravaganza?

Through a blend of high-energy activities, interactive lessons, and uplifting dance routines, participants will learn how to tap into their inner strength, harness positivity, and share it with others. The Experience emphasizes self-expression, connection, and mental well-being, giving children the tools they need to thrive in any situation.

Key Takeaway

F

Fun-filled activities

U

Unpacked life-skills

N

*Nourish the moment
and celebrate!*



EXTRAVAGANZA

A fun-filled celebration of self and others.



Session One

Tap into your power

In the first session, participants dive deep into the power of positivity by learning how to connect with their energy and focus their attention. They're introduced to the concept of gratitude, learning how it can transform challenges into opportunities for growth. This session is designed to push kids out of their comfort zones, while also teaching the importance of self-compassion and mental clarity.

Session Two

Embracing challenges

Session two focuses on embracing challenges and learning how to move through difficult experiences with a positive attitude. Participants are taught how to face disappointment and uncertainty without letting it derail their progress. By the end of the session, kids gain tools for self-regulation, emotional resilience, and expressing gratitude even during tough times.

Session Three

Confidence & courage in action

The final session is a journey of building unshakable confidence and courage. Students are encouraged to step outside their comfort zone, explore their authentic selves, and embrace the power of vulnerability. By the end of the session, participants feel empowered to face any challenge, knowing that courage and confidence are within their reach.



Tangible Tools

- F** - Fun-filled activities
- U** - Unpacked life-skills
- N** - Nourish the moment and celebrate!

During the Experience, students repeat the affirmation of **"I am Extraordinary, You are Extraordinary, We are Extraordinary!"**.

X MOVEMENT

Organization overview, and how it works in your school



Our Mission

It's X Movement's goal to teach children positive, healthy and energizing life habits so they reach their extraordinary potential.

What is X Movement?

X Movement comes into your school and takes it over with positive energy! We guide students through interactive experiential learning workshops during school hours, and engage your wider community at events after school hours.

We'll leave you with Social Emotional Learning takeaways, tangible tools, and an online health and wellness streaming platform, so you can continue the learning when we've left the building.

Why X Movement?

We've been delivering programming across Canada for 20+ years, and have established ourselves as the leader in making S.E.L fun, engaging and sustainable for schools.

Our evidence-based, science-backed curriculum is suitable for all K-12 age groups and abilities, is highly engaging, and has proven to bring smiles and laughter to over 2 million children.

The Stats

20

Years of experience

2M

Children impacted

K-12

Age groups, and all abilities.



X MOVEMENT

Organization overview, and how it works in your school

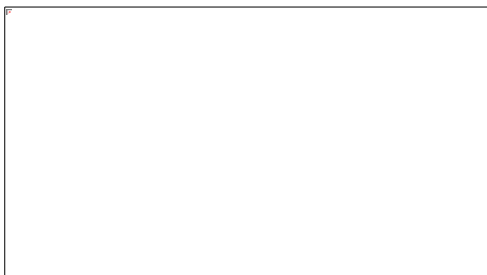


Experiential Workshops

Each of our experiences are made up of three 35-45 minute experiential learning workshops. We use a combination of high & low energy activities to help engage children. Sessions focus on habit-building tools as takeaways and strengthening the sustainability of the experience.

Community Events

Bring your school community together and promote positive physical & mental health. Families are invited back to the school after hours to participate in a workshop together. In this session, children are empowered to teach their families everything that they have learnt through the experience.



On-Demand Portal

Our digital portal provides easy access to daily physical activity in the classroom and at home, with school calendar relevant health and wellness content. We can set your teachers up in a staff meeting, and help lighten their workload. It's just like using Netflix, but without all the decision making that goes with it!

X MOVEMENT

The core concepts and tangible tools of our experiences.



Core Concepts

Each one of X Movement's experiences uses the following core concepts, moves and tools to delivered an unforgettable and extraordinary experience for children and communities.

X Steps To Connect

- 1. X(PERIENCE):** Children experience a game, activity, sport, mindfulness or dance.
- 2. REFLECT:** Children reflect on a question connected to a learning objective.
- 3. CONNECT:** Children share their reflections with others to deepen their learning.
- 4. CHALLENGE:** (Bonus step) - Children are challenged to practise the learning at home often by teaching their family.

Our Three E's

ENGAGEMENT: Capturing interest, attention and enthusiasm. When children are engaged, they are more likely to participate and have a positive experience.

EDUTAINMENT: Edutainment is the art of combining education and entertainment. It's about making learning enjoyable and interactive.

EQUITY: Ensuring fairness, inclusivity, and equal opportunities for all, regardless of their backgrounds, abilities, or identities.

Our Experiences

X ME: Explore and master emotions, mindfulness, coping skills and self regulation.

X OTHERS: Learn how to build healthy social connections and how to face conflict in a calm, empathetic way.

X WORLD: Celebrate and embrace diversity, lead with inclusion and create equity.

AUSSIE X: Explore Growth mindset through learning new Australian sports, led by our mates from 'Down Under.'

EXTRAVAGANZA: High energy dance, games and movement fused with positive mindset activities.

LITTLE X: Programs for 1-5 yr olds including movement, music and affirmations.

AFTER SCHOOL: Games, creativity, social connection, self-awareness and play.

SUMMER CAMPS: Best of the best of X, all summer long in summer camps everywhere.



X MOVEMENT

The core concepts and tangible tools of our experiences.



X Moves

X Moves are research-based movements that can be utilized when a child has been emotionally or physically shifted out of their optimal regulation zone.

It is an eXtraordinary move that can be used to reconnect with the mind, body and heart. *X Moves* are integrated into all X Movement Experiences.

Why?

The *X Moves* are fun, engaging moves that children can use in real life when they have become dysregulated.

By design, they are simple and easy to remember, allowing for seamless integration into the classroom or at home, providing kids with the tools to regulate their emotions and overcome challenges.

Learn Our X Moves

We encourage educators & parents to learn the *X Moves* so they can utilize them as fun tools to help with positive behavior encouragement or as a way to help kids regulate their body, heart, and mind in times of worry or stress.



X BREATHE: "I AM CONNECTED"
Outcome → *Calm & connected*

1. Breathe in, hands to sky
2. X with hands in sky
3. Breathe out, lower X to chest.



SUPER X: "I AM CONFIDENT"
Outcome → *Brave & strong*

1. X in front of chest
2. Squeeze body & X into ball
3. Release to make a giant X.



X READY: "I AM READY"
Outcome → *Quiet & focused*

1. Feet planted
2. X in front of chest
3. Focused face.



X CALM: "I AM CALM"
Outcome → *Relaxed & calm*

1. L-hand, middle chest
2. R-hand, over left
3. Breathe in, breathe out.



X HUG: "I AM LOVED"
Outcome → *Belonging & care*

1. Wrap arms around yourself
2. Breathe in & smile
3. Breathe out & sigh.



TINY X: "I AM SAFE"
Outcome → *Grounded*

1. Cross index finger over middle
2. Breathe in & out as you switch
3. Try slowing down.

X MOVEMENT

The core concepts and tangible tools of our experiences.



X Concepts

X FIELD An imaginary force field surrounding- it is the optimal emotional zone, where you feel clear, calm, connected, and capable.

SHIFTERS Something or someone that can unexpectedly push you out of your X Field.

SIGNALS Often, our bodies share signals when we have been shifted, such as increased heart rate, nervous tummy, or overwhelming emotions.

GROWTH ZONE Lying just beyond the X Field, where challenges emerge as we learn and experience new growth. When we experience and overcome challenges in the Growth Zone, we can expand our X Field to become bigger and brighter.

MY3 Your mind, body and heart. All are connected, and when in harmony, we activate our "X"- the most extraordinary versions of ourselves.

X CHECK A mindfulness technique used to connect with your My3. Here, you take a moment to reflect on how your mind, body and heart are feeling.



The Pulse

Watch out for the **PULSE** of the sessions: workshops aim for high energy moments, and lower energy moments. The lower energy moments are when we lock in the learning.