



## What is Inamojo™?

Inamojo™ is a Social and Emotional Learning Resilience programme, designed to assist children of primary-school age (5 – 8 years) with lessons, tools and skills that will help them to navigate life's challenges with greater understanding of themselves and others.

While the programme nurtures children's creativity and imagination through play, it simultaneously addresses all levels of healthy developmental growth, across physical, cognitive, emotional and social skills.

Weaving original music and stories with mindfulness practices such as meditation, expressive movement and art, Inamojo™ Wellbeing Programmes nurture children on an inner journey of self-enquiry, self-discovery, and self-expression.



## What makes Inamojo™ unique ?

Inamojo™ draws upon a wide range of contemporary theories and 'best practices' in the over-lapping fields of childhood development, Jungian psychology, education, wellbeing and mental health. One of the most important distinguishing characteristics of Inamojo™ is the combination of experiential learning styles that each class includes: auditory, visual, somatic and kinaesthetic. This combination ensures that children with different 'preferred' learning styles are all catered for, while also ensuring deeper learning for all.

## Inamojo™ 9 week programme

Inamojo™ Series One is called "Naga's Curse". This series is woven around the story of a friendly dragon called Naga, who after being cursed, has forgotten who he is. Class by class, the children help him to remember, while learning important life lessons about themselves along the way. Each programme comprises of 9 weekly classes, 45-50 minutes each, all using a carefully structured mix of storytelling, music, movement and creative mandala art.

The stories have been written to teach important life-lessons in ways that children can understand and find enjoyable and engaging. They then get to 'feel' their way into each story, by embodying the characters in a music and movement session, before expressing their feelings about the story through a piece of creative art. The last class is about bringing all those lessons learned together in a celebration of success. Children will have earned their Inamojo™ of success and will receive their Inamojo™ certificate.

## Inamojo™ programme structure:

- Introduction: Introduction to the characters and storyline
- Red Class: Learning to trust instincts, personal safety**
- Orange class: Learning to recognise and manage emotions**
- Yellow class: Explores self-esteem, confidence and being brave**
- Green class: Explores empathy and kindness**
- Blue class: Active listening and communication/social skills
- Indigo class: Explores imagination, hopes and dreams
- Violet class: Self-awareness, connectedness and sense of belonging**
- Integration class: Revisits key elements of the programme
- Please note that classes do require a school staff member to join in and assist in co-facilitation.

## The benefits of Inamojo™

- Teaches children lifelong skills such as:
- Mindfulness, Self-regulation, Emotional literacy and Body Awareness;
  - A sense of belonging and connectedness
  - Improves engagement in learning/executive functioning skills
  - Improves self-esteem and builds resilience
  - It supports a whole-school approach to embracing Mental Health and Wellbeing for children;
  - It can be facilitated either during school hours as a group/whole class intervention or as an added extra-curricula activity
  - It is an inclusive intervention for all children
  - After every class, children will be able to continue to explore the lessons learned through Naga's News and have a taster of the next upcoming class. Naga's News provides the opportunity for teachers as well as parents/carers to participate in the programme journey.



Carima Nolten  
Child and Adolescent Therapist  
(MBACP)

### Testimonials

"Carima has great attention to detail and is very diligent. She kept the children engaged with all the activities she conducted with them and answered their questions appropriately. She is consistent, patient and empathetic and I would highly recommend her."

"I recently attended an Inamojo session run by Carima and was immediately drawn to her abundance of energy and warmth, as she created this magical atmosphere for the children. The children felt at ease as they expressed themselves freely and marvelled at the characters in the story."

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## Please enjoy a Free Gift:

Inamojo™ White Light Bubble Meditation for Children

<https://video.link/w/6aiDc>

