



MIND WIZARDS FAQs

Every empowered family starts with one decision – let's make sure this is the right one for yours.

Being a parent isn't easy – especially when your child feels things deeply, struggles with change, or battles anxious thoughts. I know how it feels to wonder if you're doing enough... or doing it right. That's why I created Mind Wizards – to give children (and their grown-ups) the tools to handle big emotions, build inner confidence, and feel calmer, together.

This FAQ answers some of the most common questions parents ask before joining. It's here to help you decide if Mind Wizards is the right fit for your family – no pressure, no fluff, just honest answers.

Take your time. Trust your gut. You're already doing more than you know.

★ What is Mind Wizards?

Mind Wizards is an Accredited course designed to help children build emotional strength, manage big feelings, and develop a healthy, positive mindset. It also gives parents the tools to support their child through tricky emotions in a calm, connected way.

★ Who is it for?

It's for children (neurotypical and neurodivergent) who struggle with big emotions, change, anxiety, or low confidence. It's also for parents who are tired of walking on eggshells, feeling helpless, or burnt out – and want a more peaceful home and stronger connection with their child.

★ What age is it suitable for?

It's best suited for children aged 5 to 11, but can be adapted for slightly younger or older kids depending on their developmental needs. (And let's be honest – the tools are great for adults too!)





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★ What topics does it cover?

- Cultivating self-love & acceptance
- Harnessing positive thinking
- Managing big emotions
- Coping with change & uncertainty
- Calming strategies for all minds, especially anxious ones
- Building daily routines that support mental fitness

★ How is it delivered?

Mind Wizards is delivered as a fun and engaging online course with bite-sized videos, printable resources, and practical tools you can start using straight away – no fluff, no overwhelm.

★ Will this work for my neurodivergent child?

Yes – I created this with my own neurodivergent child in mind. It's gentle, flexible, and designed to meet children where they're at. I don't promise perfection, but I do promise progress.

★ I've tried other things and nothing's worked. Why is this different?

Because it doesn't just try to "fix" the child – it gives you both emotional skills that are doable, realistic, and grounded in science. It helps you respond with connection, not chaos – even when things get messy.

★ Do I need to do it with my child?

Ideally yes – it works best when you go on the journey together. But if they're resistant at first, you can still start by learning the tools yourself and modelling them. Most children come around when they see the shift in you.





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★ **How long will it take to see results?**

Some families see changes within days, others take a few weeks. It's not a quick fix – but with consistency, it builds lasting emotional skills that will serve your child for life.

★ **What if I fall behind or don't finish?**

No worries! You get lifetime access so you can go at your own pace, revisit it any time, and use it with multiple children.

★ **What is included in the personalized Mind Wizards Box?**

Each beautifully creative, personalised Mind Wizards Box is carefully packed with everything your child needs to bring the course to life. Inside, you'll find a mix of practical tools, creative activities, and magical surprises, including:

- A comprehensive workbook to guide the journey
- A Mind Wizards bag to keep everything together
- Journal and pen for reflection
- Affirmation cards to build self-belief
- Snowflake template and EQ book for fun learning
- Glass jar, glitter, glycerol, and full instructions to create a calming Mind Jar
- Emotional chart to help children recognise and name their feelings
- Wooden peg, heart crystal, light catcher, coloured tube, and streamers for interactive activities
- Reusable straw, breathing beads, bubble blower, seed holder and seeds for calming and mindful exercises
- And of course... your very own handmade Mind Wizards soft toy to make the experience extra special

Every item is included so you and your child can enjoy the activities without needing to buy anything extra.





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★ What do I need to provide if I choose the Online only version?

With the Online Only option, you'll get full access to all the videos and printable resources, but you'll need to gather the activity supplies yourself. Don't worry – everything is low-cost and easy to find at home or in local shops.

Here's what you'll need to buy or provide:

- Pen
- Glass jar
- Glitter
- Glue or glycerol
- String
- Wooden peg
- Beads
- Straw
- Cardboard roll
- Streamers
- Seed holder, seeds, and soil
- Paper for snowflake activity
- Journal (if you don't want to print the Mind Wizards journal)

And here's what you'll need to print at home:

- Workbook (65 pages)
- Mind Wizards journal
- Affirmation sheets
- Emotions chart

Everything else is included in your digital access, so once you've gathered these items, you're ready to dive into the magical journey with your child.

If your heart is whispering "maybe this could help", take the next step. Whether your child is anxious, sensitive, neurodivergent, or just going through a wobble – this programme supports you both, side by side.

You don't have to do this alone. Change is possible – and it starts here!

