

# 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.



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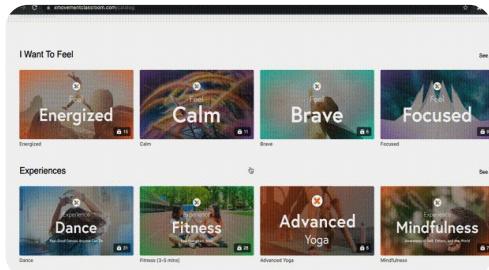


## Experiential Workshops

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

- X(PERIENCE):** Children experience a game, activity, sport, mindfulness or dance.
- REFLECT:** Children reflect on a question connected to a learning objective.
- CONNECT:** Children share their reflections with others to deepen their learning.
- 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 BREATH: "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.



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## 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.



# X ME

**Practical tools to help kids understand, accept and act when they are feeling 'shifted'.**



## What is X Me?

**X Me** is a self-awareness and self-regulation program that helps kids understand how their mind, body, and heart (**My3**) work together to keep them in their **X Field** – the optimal zone where they feel calm, connected, and ready to learn. Across three themed sessions, students step into playful roles - *Secret Agents (Mind)*, *Special Forces (Body)*, and *Elite Superheroes (Heart)* - drawing them into immersive games while teaching essential skills.

The program blends movement, mindfulness, and memorable rituals, with **self-connection skills** practised until they become second nature. Each day closes with reflection and a real-life challenge, helping students carry their learning into daily life.

## Curriculum Connection

**X Me** is an investment in the *whole child, building grounding, self-connection, and resilience* that support academic success and overall well-being. Built on the **Window of Tolerance** framework - adapted as the **X Field** - students learn to recognise when they're in their optimal zone and when they've shifted into the *Growth Zone*. Through *movement, playful missions, and science-based strategies*, they practise returning to balance.

The program aligns with **Ontario's Health & Physical Education curriculum**, strengthening emotional regulation, stress management, and relationship skills, so students can *self-regulate, stay engaged, and thrive in and out of the classroom*.

## Key Takeaways



My3



X Field



Growth Zone

# X ME

*Practical tools to help kids understand, accept and act when they are feeling 'shifted'.*



## Session One

### My Extraordinary Mind

***"I am growing"***

Students learn how their thoughts shape their reality and practise self-connection skills to strengthen focus, attention, and mental resilience.

#### Acquired skills

Helpful vs. unhelpful thoughts  
Sensory awareness  
Positive self-talk  
Self-connection skills

## Session Two

### My Extraordinary Body

***"I am dynamic"***

Students explore the body's physiological responses to stress and learn regulation strategies to restore balance.

#### Acquired

Somatic signals  
Recognising stress responses  
Breathwork  
Grounding movement

#### skills

## Session Three

### My Extraordinary Heart

***"I am extraordinary"***

Children explore how the mind & body connect, leading them to explore how external stressors can pull them out of their X Field.

#### Acquired

Window of Tolerance  
Emotional triggers  
X Field visualisation  
Self-soothing techniques

#### Skills



## Inside the Xperience

During the Xperience, the participants learn these skills through movement based games and exercises such as:

**SENSES STACKING** → grounding visualisation  
**SCATTERBRAIN** → helpful vs unhelpful thinking  
**FLIGHT, FIGHT, FREEZE TAG** → triggers & responses  
**STRESS BALL** → Self-soothing and regulation  
**TENSION BREATHWORK** → Practicing mindfulness  
**ACTIVATE YOUR X** → Balancing the mind, body, heart



# X OTHERS

*Recognizing the importance of strong connections.*



## What is X Others?

**X Others** is about inspiring students to *truly* connect.

In this Xperience, students learn to notice and appreciate the value in each other, to build trust, and to create a culture of care before conflict ever begins. Through the *C.A.R.E. model*, they explore how connection, disconnection, and conflict show up in relationships, and practise the steps that move them toward understanding and collaboration.

## Curriculum Connection

We all have a deep human need to connect. It's essential for our safety, growth, and happiness. When children feel that connection, they feel safe, confident, and willing to engage.

When disconnection or conflict happens, the way they respond matters. **X Others** gives them the skills, language, and hope to choose a calm, caring response. By *practising empathy, respect, and shared problem-solving*, students learn they have the power to build relationships that last. Together, they can create communities where everyone *feels seen, valued, and supported*.

## Key Takeaway

**C**  
Calm

**A**  
Ask

**R**  
Reflect

**E**  
Empathize



# X OTHERS

*Recognizing the importance of strong connections.*



## Session One

### Connection vs. disconnection

*"I am open to forming meaningful connections with others"*

Students explore what it means to truly connect and how disconnection can affect relationships.

**Acquired skills**  
 Emotional awareness  
 Curiosity and intentional language  
 Self-Regulation  
 Self-Awareness

## Session Two

### Reflect, respect & empathise

*"Treat each other with C.A.R.E."*

Students learn to Reflect so others feel heard, show Respect for different perspectives, and Empathise to build deeper trust.

**Acquired skills**  
 Reflective listening  
 Respectful communication  
 Interpersonal understanding  
 Trust-building

## Session Three

### C.A.R.E. in practice

*"Having the courage to C.A.R.E is having the power to connect"*

Students put the full C.A.R.E. model into action. They will see how empathy and teamwork create stronger communities.

**Acquired skills**  
 Apply C.A.R.E. steps  
 Team collaboration  
 Inclusive leadership  
 Empathetic problem-solving



## Inside the Xperience

During the Xperience, the participants learn these skills through movement based games and exercises such as:

- CONNECTION WEB** → Building relational awareness
- QUESTION QUEST** → Enhancing curiosity
- FEELINGS FREEZE** → Recognising triggers & responses
- RESPECT RELAY** → Valuing others strengths
- CONNEXION QUEST** → Mindful problem-solving
- CITY BUILDERS** → Shared goal setting



# X WORLD

*Empowering all to create an extraordinary world by using the L.O.U.D steps.*



## What is X World?

**X World** is a high-energy, globally-minded experience that challenges students to imagine what an *Xtraordinary World* would look like and how they can help create it.

Through *music, rhythm, movement, and interactive challenges*, they explore the difference between **equality and equity**, uncover the impact of **conscious and unconscious biases**, and learn how their small, everyday choices can **create meaningful change**.

Built around the principles of **LOUD**, **X World** gives students the skills and mindset to connect meaningfully with others and act with fairness in mind.

## Curriculum Connection

In an increasingly connected yet divided world, it's essential for students to develop global-mindedness and an equity-focused lens. X World nurtures critical thinking, empathy, and active citizenship by encouraging students to pause, question, and act with fairness in mind.

Our days are made up of thousands of small decisions - what we say, how we act, and even how we think about others. If each student makes one positive change a day, multiplied by their classmates, weeks, and months, the ripple effect can transform a school community and beyond.

Students leave inspired, equipped with practical tools, and motivated to take action as thoughtful, inclusive change-makers.

## Key Takeaway

**L**  
Listen

**O**  
Observe

**U**  
Understand

**D**  
Do Something



# X WORLD

*Empowering all to create an extraordinary world by using the L.O.U.D steps.*



## Session One

### The Power of Connection

***"Listen & Observe body language & others emotions through expression"***

Students explore connection to self and others through L.O.U.D. Tuning in to cues, recognising emotions, and understanding how biases show up in the world.

#### Acquired skills

Active listening  
Reading body language  
Emotional interpretation  
Self-awareness & values reflection.

## Session Two

### Creating Harmony & Action

***"Understand and empathize with others to create a space for positive & meaningful progress"***

Students deepen empathy and perspective-taking while exploring harmony as a shared stewardship. They co-create a vision for equity-driven change.

#### Acquired skills

Empathy  
Equity vs. equality understanding  
Vision-building & goal setting  
Collaborative problem solving

## Session Three

### The Power of Doing

***"Do something"***

Students complete the L.O.U.D. cycle, turning intentions into action. They identify their next step and explore how small, daily choices can create powerful, long-term ripple effects.

#### Acquired skills

Action planning & follow-through  
Stewardship  
Understanding compound change  
Valuing and respecting diversity



## Inside the Xperience

During the Xperience, the participants learn these skills through movement based games and exercises such as:

**BODY PERCUSSION** → Rhythm & synchronisation  
**EQUITY BALL** → exploring equity vs. equality  
**OPINION REVEAL** → Respectful dialogue  
**CIRCLE OF CONNEXION** → empathy & vulnerability  
**LET'S GET LOUD** → embodying advocacy & expression  
**HARMONY ORCHESTRA** → creative collaboration



# 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.



## Inside the Xperience

During the Xperience, the participants learn these skills through movement based games and exercises such as:

- LISTEN TO YOUR HEART** → Exploring self-connection
- FLOWERS** → Positive self-image
- CUPID** → Emotional reframing & mood regulation
- CALM DOWN** → Stress reduction through breathwork
- STEP ON UP** → Self-confidence & resilience building
- FAMALAY** → Social bonding & peer support networks



# AUSSIE X

*Growth mindset, resilience and teamwork.*



## What is Aussie X?

Aussie X is an Australian sports and cultural experience that shifts students fixed mindset of "I can't" to a growth mindset of "I can".

## Why Aussie X?

Regardless of ability and skill, Aussie X levels the playing field through trying one of three Australian sports: *Aussie Rules Footy, Cricket or Netball*.

Students are encouraged to overcome fear and doubt as they work together to try something new; mastering the power "I don't know it YET".

Students cheer for one another and celebrate the process of learning, with our uniquely Australian mantras and handshakes taught by our Australian instructors.

## Key Takeaways



*"Havin' a Go"*



*"Goodonya Mate"*



*"You Little Rippa!"*



# AUSSIE X

*Growth mindset, resilience and teamwork.*



## Milestone One

### Growth Mindset

**"Havin' a Go"**

A mantra meaning to try new things, give your best effort and to be resilient, even when tasks are challenging or difficult.

## Milestone Two

### Encouragement

**"Goodonya Mate"**

A handshake used to encourage one another's efforts, because the energy you give off, is the energy you get back!

## Milestone Three

### Celebration

**"You Little Rippa!"**

A cheer used to celebrate each other's success. Success isn't defined as kicking a goal or winning - rather, it is: "Havin' a Go".



## Inside the Xperience

During the Xperience, the participants learn these skills through movement based games and exercises such as:

- WHISTLE GAME** → Quick reaction time
- AUSSIE ANIMAL RELAYS** → Agility and endurance
- MINUTE TO WIN IT** → Skill accuracy
- CHAMPION** → Adaptive problem-solving & focus
- KICK THE COACH** → Target accuracy
- GAME DAY** → Apply learnt skills in dynamic play





# FEEDBACK

*Let us know how we went, or what you want to see more of.*

***Win a \$100 Indigo gift card!***

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[www.xmovement.com](http://www.xmovement.com)



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[info@xmovement.com](mailto:info@xmovement.com)



# YOU'RE INVITED!

*To our X Movement Community Engagement Event at our school!*

## About The Event

The Community Engagement Event is a fun social gathering of the school community that happens after school hours.

This event gives the students an opportunity to participate in the program activities together with their families/guardians.

This event is a high energy and fun hour long session that brings laughter, smiles and joy to the whole school community.

## Get Ready To Move And Learn!

You will experience a range of activities together, such as dance, fitness, sports, martial-arts, mindfulness and more!

Students are empowered to teach their families the life skills they learned in the program, strengthening the learning outcomes.

Please wear appropriate footwear, as you will be moving around and getting active. A water bottle close by is also recommended!



## Save The Date

### Day

Thursday November  
21st, 2024

### Start Time

6:00 PM

### Location

The Gym



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