



**Conscious  
Explorers**

Discover the calm within

Helping children understand emotions, build self-regulation skills, and feel confident from the inside out.

## What is Conscious Explorers?

Conscious Explorers is an online wellbeing programme designed for children aged 5–10. Through engaging videos, creative activities, and worksheets, children learn how their brain and body responds to big emotions and what to do when things feel too much.

### What Will My Child Learn?

- What emotions are and why we have them
- What happens in the brain during big feelings
- How the nervous system responds to stress
- The fight/flight/freeze response
- Tools to calm down (like breathing and EFT tapping)
- How to recognise and name emotions
- Ways to build confidence and resilience

### Who's It For?

- Families and carers
- Schools and SEN settings
- Therapists and wellbeing practitioners
- Military and high-pressure family environments

Perfect for children navigating big changes, emotional overwhelm, or simply wanting to grow their inner strength.

## Research Highlights: EFT Benefits for Children

### 1. Reduction in Anxiety and Depression:

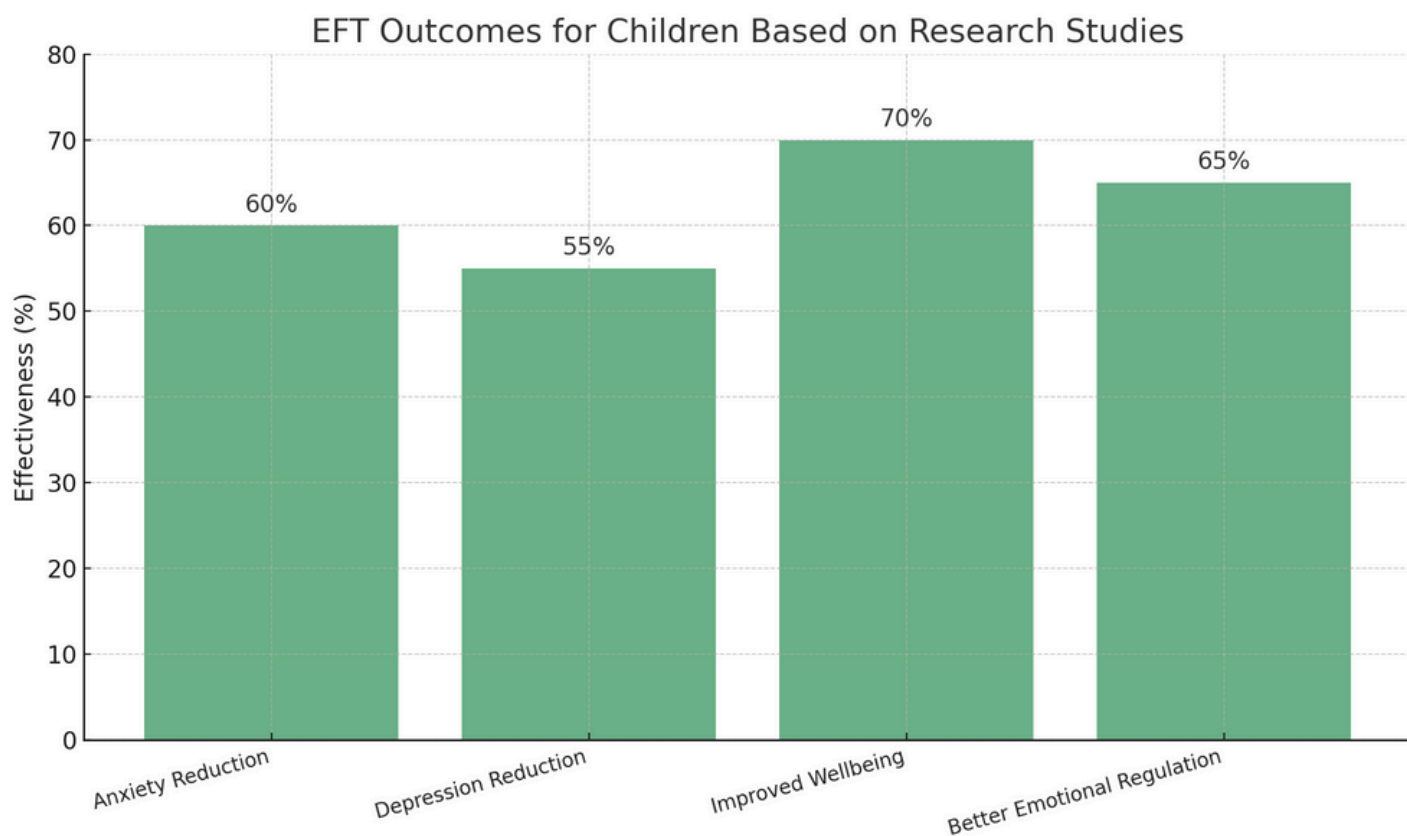
- A study published in the *Journal of Clinical Psychology* found that EFT significantly reduced symptoms of anxiety and depression in children under the age of 12. [nurturechildrenshealth.com](https://nurturechildrenshealth.com)

### 2. Improvement in Wellbeing States:

- Research conducted in primary schools demonstrated that EFT effectively reduced anxiety symptoms and improved overall wellbeing among Year 5 and Year 6 students. [ERIC](https://eric.ed.gov/)

### 3. Enhanced Emotional Regulation:

- Studies have shown that EFT helps children develop better emotional regulation skills, leading to improved behavior and concentration in classroom settings.



## Why We Created It

Emotions can feel huge and confusing — especially for young children. Conscious Explorers gives them the language, tools, and confidence to say:

*"I know what I'm feeling... and I know what to do."*

It's playful, safe, and empowering — created by professionals who understand child development and emotional health.



### **How Do I Access It?**

The course is delivered online. Once you sign up, you'll get access to all content via a secure login. You can pause, revisit, and go at your child's pace.

## Want to Know More?

Contact us at: [info@consciousexplorers.co.uk](mailto:info@consciousexplorers.co.uk)

Website: [www.consciousexplorers.co.uk](http://www.consciousexplorers.co.uk)