



The Juniper Programme

positive life affirming education

The Juniper Programme is an associate programme of 'The Art of Living in Peace', part of Unipaz UK, and aims to stimulate the art of living in peace with oneself, society and nature.



Headteachers and teachers will find the programme deals with, and complements, personal social education, health education and the spiritual and citizenship curriculums.

Children and students will benefit from improved behaviour, self respect, sleep patterns and relationships. The programme has a positive impact on academic ability: improving concentration and focus which is translated into better grades.

The six week programme is tailored to the needs of individual groups and is suitable for children's classes, university and college students, teachers, local authority educational staff and all those with an interest in educational practices.

Key Points

■ **Group work**

To build self-confidence, emotional literacy, peer support, problem solving and listening skills.

■ **Practical & relaxing**

Positive relaxation practices which make a practical difference.

■ **Professional working**

Facilitators and teachers work together to create positive shifts in individuals and groups which can be rolled out to entire schools.

■ **Affirmations**

Using affirmation to change the way things are and the way things are perceived.

■ **Holistic & Connected**

Juniper's approach is a linking of mind/spirit with emotional and physical health.

For more information on The Juniper Programme and how it can benefit you and your students please contact:

David Keith on **01387 740230** or email **david@keith.vispa.com**

www.unipaz.org.uk