



Zen like a zebra

My sophrology program for children with high potential

- A critical and topical subject in all bookstores, tackled through the prism of sophrology
- A method developed by a specialized therapist
- A hundred note cards, stories, drawings and games, to pick randomly or to follow step by step
- Downloadable audiosessions
- For parents as well as adapted for a professional use

Despite their intelligence, children with high potential, often referred to as "zebras", can experience hardship in learning and in living with others : bearing this in mind, sophrology is an exceptional tool to help them face various situations, to deal with their emotions, and to stay focused.

In 52 weeks, this program tackles a rich variety of topics with the child : "I can master my body and my emotions", "I am unique, I can cultivate my singularity", or "me and the others". In a playful way, every week, the child can practice firstly by himself, and then with his family.

This program is very easy to follow for novice parents, but a teacher or a therapist can also adapt the tools to fit their special needs in a free way (the appendix offers key elements to compose your own programs). The third part is the most treasurable of all, with over a hundred sophrology sessions.

First a pediatric nurse in Paris, **Christel Beurenaut** has been a relaxation therapist for the past ten years. She provides guidance to both parents and children in the construction of the family balance, in her cabinet or in schools. She particularly works with children with high potential and is a trainer at the CEAS French School of Sophrology. She works in Paris.

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