

# CAPE Movement™ Launches its First Ever Mindset Method Program for Kids

*It is no secret that there is a growing mental health crisis in children in America. The question is...What can we do to help them?*

PHILADELPHIA, PA, UNITED STATES, March 10, 2023 /EINPresswire.com/ -- On the heels of the pandemic, it is no secret that there is a growing mental health crisis in America. In addition to experiencing their own struggles with mental health, [adults are extremely worried about anxiety and depression in our youth](#). Although these concerns existed prior to 2020, the pandemic has exacerbated many of the already-existing mental health challenges in children. With the overwhelming amount of resources, practices, and tactics out there to address mental wellness in adults, the question still remains – How do we translate these skills to help our children?



Renee Vardouniotis and Angie Leitnaker are bringing mindset and empowerment to a school near you!

“

A growth-minded school system builds growth-minded children.”

*Angie Leitnaker*

The CAPE Movement™ was founded during the pandemic by two educators with a passion for mindset and empowerment. Renee Vardouniotis and Angie Leitnaker recognized that there is a need to address the underlying cause of social and emotional struggles in a developmentally appropriate manner. They created the

revolutionary CAPE Mindset Method for Kids, a program that is designed to improve academic, emotional, social and behavioral performance through the application of science-based strategies and innovative learning techniques. [The CAPE Mindset Method for Kids program is the first of its kind](#). With 13 audio lessons and related activities, the program is a powerful and effective social-emotional learning tool for all ages and levels of ability. All content is accessed virtually through an easy-to-navigate online platform, and can be utilized from any electronic device, anywhere. Lesson topics such as self-image, confidence, fear, processing emotions, and

mindfulness are all geared towards expanding awareness, elevating mindset, and embodying positive energy.

What sets the CAPE Mindset Method for Kids apart from other programs is the incorporation of the evidence-based learning technique of spaced repetition. Spaced repetition has been proven by science to help retain more information than traditional learning techniques. Hundreds of studies have demonstrated that spaced repetition maximizes student learning and leads to durable retention of the information and incorporation into long term memory. The CAPE Mindset Method for Kids guides children to understand how their minds work and channel their thoughts in a positive manner, setting them up for educational, relationship, and life success.


School connectedness is a key to addressing youth adversities at all times- especially during times of severe disruptions. Students need support now more than ever. By making sure that schools are inclusive, safe, and providing opportunities to be mentored by supportive adults, we can address mental wellness more effectively.

“As a team with over thirty years of teaching experience working in schools, it’s important to us that CAPE provides support and is able to aid the backbone of our society: our educators” says Co-founder Angie Leitnaker. “A growth-minded school system builds growth-minded children.”










To learn more, you can join CAPE for a 3-Day ‘Confidence and Mindset Method for Kids’ Masterclass. This Masterclass will provide tips and tricks on how to give your children/students the gifts of a lifetime: enhanced self-confidence, self-image, self-belief, self-compassion, self-respect, and self-empowerment. It will be held virtually March 20-22 at 1 pm EST.


About CAPE Movement

## CAPE -TAC-TOE


LESSON 6- Admiration is Inspiration 

Pick any 3 in a row, as a SELF-IMAGE SUPERHERO!

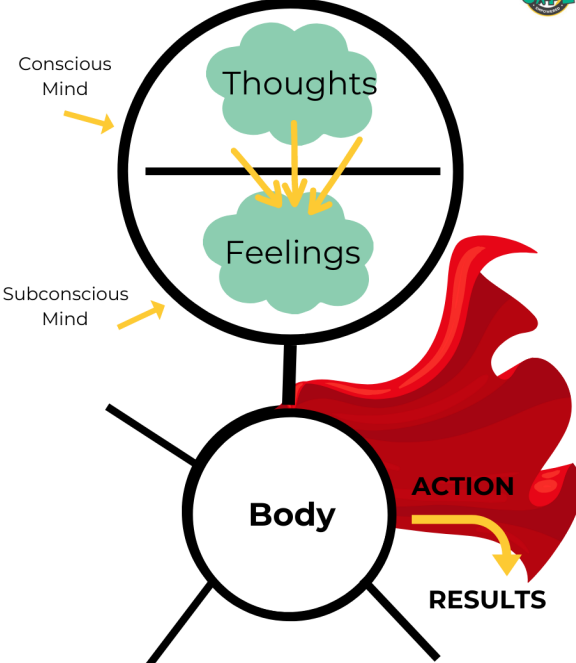
 Fill in the "A-Firm Belief in Me" sheet (CAPE worksheet)	 Look in the mirror. Say 3 nice things to yourself!	 Color the "I Am" rainbow! (CAPE Worksheet)
 Say 5 affirmations while doing 5 jumping jacks! "I am ___"	FREE CHOICE! Show how you are a Self-Image Superhero! 	 Sing the Lesson 6 Jingle on Self-Image
 Pick 3 "You are ___" statements and give them to people you admire (CAPE Worksheet)	 Pick an "I AM" affirmation bracelet to wear and repeat your affirmation all day! (CAPE Worksheet)	 Write down the characteristics of those you admire on the the Character Composite Sheet (CAPE worksheet)



**CAPE-TAC-TOE Board from the SELF-IMAGE Lesson of the CAPE Mindset Method for Kids Program**

Lesson 2 - Your Magnificent Mind (Kids) 

### The Mind



We want to introduce you to the Stickperson. It shows you the parts of the mind, the Conscious and Subconscious. Do you remember which part is most powerful? Put the Stickperson in a place where you will see it often. Look at the Stickperson every day!

The Stickperson concepts builds a model for the mind-body connection.

CAPE Movement, LLC is a collection of all-inclusive mindset and empowerment programs that condition your subconscious mind and develop social-emotional skills to optimize growth and desired outcomes. Their vision is to positively impact children and educators. They are committed to helping increase mindset and self-awareness and for it to be common practice in homes and schools around the world.

For more information, email [info@capemovement.com](mailto:info@capemovement.com).

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