



# Inner Lion Programme

Helping children to find their 'inner lion' and to normalise mental health conversations.

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## Who Are We?

Imagine a place where hope grows and dreams take flight – that's Little Lions. Rooted in the vibrant tapestry of Cape Town townships and rapidly expanding throughout South Africa, Little Lions is more than an organisation - it's a movement.

Founded by Stijn de Leeuw, a visionary from the Netherlands, our journey began with a single purpose: to ignite the spirits of children in under-resourced communities through the power of mental health workshops led by locally trained youth role-models.

## Our Mission

In the shadows of economic disparity, we stand as a beacon of light to the children who will lead South Africa into its future. Our mission pulses with compassion and resolve – to sculpt a future where every child, regardless of their circumstances, emerges as a resilient and empowered individual.



## Our Goal

Our goal is to help children from under-resourced communities become mentally stronger by creating an 'army' of mental health coaches, so that together, we can foster emotional well-being that's resilient against life's storms – shaping tomorrow's leaders.



# The Little Lions Way

**P**

## Professional

- Psychologically backed
- Professional tools
- Prevention and promotion programme

**R**

## Resources

- Role models
- Local language
- Nutrition

**I**

## Inner Lion

- Building your mental health
- Normalising mental health conversations
- Ability to express your feelings

**D**

## Dynamic

- Collaborations with child, parents, community

**E**

## Easily Accesible

- We come to you
- Free workshops
- Inclusive

**S**

## Safe Places

- Small groups
- Fun
- Non-judgemental

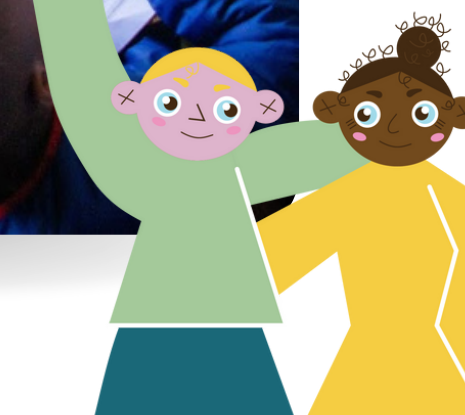


# The Inner Lion Programme

An enriching journey designed for organisations like yours that work with (and for) children. This initiative offers a unique opportunity to seamlessly integrate mental health into your curriculum, fostering a generation of empowered young minds.

## What Does That Mean?

In just 12 sessions, the abundance of psychologically-endorsed games, meditation, and arts & crafts becomes the backdrop for empowering conversations that normalise mental health - creating a wellspring of confidence, resilience, and emotional awareness.





## The 4 Legs of The Inner Lion Programme

Building Emotional Awareness

Finding and Boosting Qualities

Coping with Difficult Situations

Boosting Resilience



## Is The Inner Lion Programme for You?

This programme is tailor-made for organisations that:

- Work with children aged **8 to 13** years old
- Possess a dynamic **male/female facilitator duo** that can spark engagement and rapport with the children
- Host children for a minimum of **3 weeks**, ensuring ample time for optimal growth

# A Glimpse into the Toolkit: What's Included?



Innovative Mental Health Games



Sparking curiosity and understanding through **8 culturally relevant and psychologically backed original games**, creating a dynamic and engaging experience.



Coach Handouts



Equipping facilitators with essential guidance to nurture impactful conversations and interactions.



Comprehensive Worksheets



A set of **11 carefully curated worksheets** that delve into the 4 pillars of growth.





Training



Empowering facilitators to lead transformative sessions, ensuring a consistent and impactful experience. Each toolkit also includes our Impact Measurement Tool.



Teacher Manual



A guiding compass that illuminates the path, providing insights and strategies to navigate each session.



Material Box



That enhances engagement and interaction, creating a multisensory learning journey to accommodate the learning styles of each child. Each toolkit has material for a group of 20 children max.





# Words from Our Pride

## Local

We strongly believe that fostering a **sense of togetherness** is paramount, as normalising conversations around mental health requires collective effort. Little Lions has engaged with **numerous organizations in Cape Town** and is eagerly anticipating the fruitful collaborations that will emerge from these interactions.

Waumbe had an opportunity to conduct Inner Lion sessions with children in Fisantekraal. As an organization we believe that such programmes are impactful because the aim is to instill purpose to children at an early development stage. The programme taught them to appreciate each other more, they became aware of the injustices such as bullying.

**Asiphe - Manager at Waumbe Youth Development Centre**

The Western Cape Department of Social Development is providing vital support to Little Lions. We recognize community based programs like those offered by Little Lions play a crucial role in addressing mental health needs within our communities, especially those historically underserved.

**Robert McDonald - Head of Department**





# Words from Our Pride

## International

Our journey to Kenya provided us with a resounding affirmation of the **effectiveness** of our Inner Lion program as a **robust, comprehensive, and accessible** initiative for **promoting and preventing mental health issues**.

Whether it was in **Eldoret at the Kip Keino school** and **Lewa Children's home**, or in **Nairobi at Kenya Youth Hockey Development**, the implementation of our program achieved **remarkable success**.

We successfully trained **36 mental health coaches** who will be supporting nearly **500 children in 2023 alone**. We are immensely proud to receive weekly updates from all our Kenyan partners, showcasing the significant positive impact they are making in the lives of their young lions.

Personally I was very nervous on the thought of implementation of the program on our own. But now I'm blown away on how excited the kids have adapted to the program, they're learning very fast than we had anticipated.

And we as the coaches are learning too as well. I love this program and I'm looking forward to next month sessions.

**Henry - coach at Lenana Hockey, Nairobi**



# Lets get in touch!

To explore partnership opportunities, share your ideas or join the pride here at Little Lions



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