TEMPO!

Transforming Minds, Inspiring Futures

"Discover how Brain Magic can revolutionise learning at your school."



"DOING LIFE BETTER"

The Need

The mental health of children under 13 is at a critical juncture in Australia. Recent data reveals alarming trends:

1/7 of children aged 4-11 experience a diagnosable mental health condition annually. 1.

7/10 of the most common presentations to paediatricians are for mental health. 2.

42% of children are grappling with symptoms of anxiety 3.

50% of children with mental illness continue to struggle in adulthood. 4

70% of mental health issues commonly begin early, with about 50% of all mental health conditions emerging by age fourteen. 5

The Challenge We Face

The mental health landscape for children and educators in Australia is increasingly complex. Rising levels of anxiety and stress are affecting students' ability to learn and thrive, while teachers face growing challenges in supporting their classrooms.

Now, more than ever, schools need programs that deliver meaningful change, equipping students and staff with tools to foster resilience, well-being, and a positive school culture.

The earlier we intervene in life, in distress & in the onset of illness, the chances for better recovery are much, much greater. If we give children the best start, they will grow into happier, healthier adults.

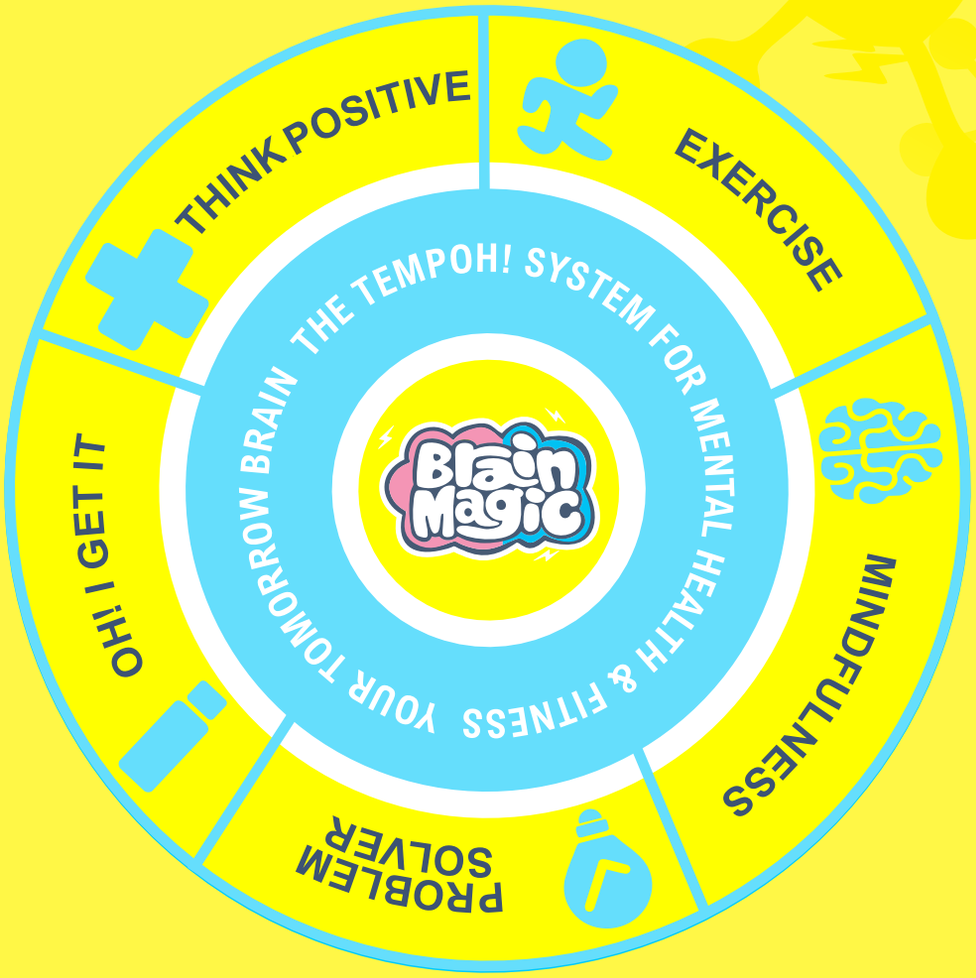
PROFESSOR HELEN MILROY CHILD & ADOLESCENT PSYCHIATRY,
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1. https://www.aihw.gov.au/mental-health/overview/prevalence-and-impact-of-mental-illness
2. https://www.mentalhealthcommission.gov.au/projects/childrens-strategy
3. https://www.mentalhealthcommission.gov.au/projects/childrens-strategy/childrens-mental-health
4. https://theresilienceproject.com.au/2025-school-wellbeing-program
5. https://www.mentalhealthcommission.gov.au/projects/childrens-strategy/childrens-mental-health-

What is TEMPOH!?

In response to growing concerns about anxiety & mental health, we developed the TEMPOH! Program through extensive research & consultation with health professionals. TEMPOH! is an engaging, evidence-based program that inspires young people to build resilience, enhance happiness, & master essential life skills. Students are trained and entertained in a delivery format we call ‘edubrainment’.This is training that truly connects. The message is presented dynamically using magic tricks, games, storytelling, multimedia & discovery learning, all grounded in neuroscience. The ultimate goal of TEMPOH! is to provide practical tools for a calmer, more balanced resilient life.



5 Foundations

Think Positive Encourages gratitude and optimism to rewire the brain, improving energy, happiness, focus, sleep, and resilience while reducing anxiety & depression.

Exercise Promotes mental and physical health, reducing stress & boosting mood with movement, rest, sleep, & nutrition as key components for brain function.

Mindfulness Teaches emotional regulation and stress reduction through breathing & visualisation, fostering gratitude & managing anxiety effectively.

Problem-Solver Develops critical thinking, persistence, & adaptability empowering students to approach challenges calmly & creatively.

“OH!” Moment brings it all together with transformative realisations, turning learning into action & sparking life-changing understanding.

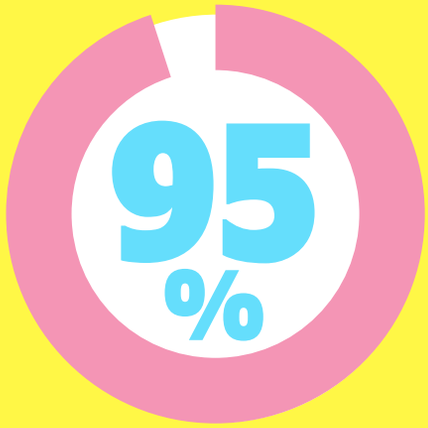


Benefits

Benefits for your School

- Transformative Learning: Students learn to think better, feel better, & do better.
- Proven Engagement: Perfect for disengaged learners—our mix of magic & mental health captivates even disengaged learners.
- Aligned with Curriculum: Our program supports key mental health & wellbeing outcomes

95% of students reported being able to clearly articulate what they learned, what they enjoyed, & how their brain had positively transformed after participating in TEMPOH!



Outcomes of the TEMPOH! Program

- Development of more positive cognitive thinking/self-talk
- Increased educator knowledge of strategies to support all students
- Increase in daily exercise and overall movement
- Improvement of sleep quality
- Nurture better relationships with others
- Build Resilience
- Develop skills to regulate emotions / build emotional literacy
- Improved quality of nutrition & meal/drink choices
- Development of mindful practices
- Demonstrated utilisation of strategies to problem solve
- Increased empathy
- Adoption and regular practice of TEMPOH! principles



Why Choose Us?

Why Choose the TEMPOH! Program for Your School?

The TEMPOH! Program is designed to equip students with tools for success, both in and out of the classroom. We can tailor the mental fitness & well-being program to your school's needs.

TEMPOH! helps young people

- Build resilience to navigate challenges.
- Enhance happiness & emotional intelligence.
- Develop essential life skills for long-term success.

What Sets TEMPOH! Apart?

- Engaging, fun, & evidence-based.
- Grounded in neuroscience & proven strategies we call 'brainology.'
- Fun & interactive methods like magic tricks, storytelling, & games.
- Comprehensive and Versatile: Suitable for all age groups & learning styles.
- Supports existing mental health initiatives at your school.

Real Results

- Improved focus, behaviour, & attention in students.
- Enhanced teacher-student relationships through a shared framework of well-being.

Benefits for Your School Community

- Students: improved emotional regulation, stress management, & academic engagement.
- Teachers: Practical tools to foster a positive classroom environment.
- Parents: Peace of mind knowing their children are learning invaluable skills for life.

Something New!

Introducing a fresh perspective can enhance & build upon the mental health knowledge students already possess. By incorporating fun & engaging elements, the program ensures deeper engagement & lasting impact.



Modalities

How TEMPOH! Works

The preferred delivery of the TEMPOH! Program is a face-to-face 1hour session. Assemblies can cater for groups of up to 800 children.

Explore flexible delivery options tailored to your needs by consulting with our booking team. Ready to book a presentation? Simply scan the QR Code on the back of this brochure.

TEMPOH! 1 **Assembly**
Live Large group session

TEMPOH! 2 **Combined Grades**
Live Medium group session

TEMPOH! 3 **Classroom**
Live Small group session

TEMPOH! 4 **Zoom**
Online Classroom session



What people are saying

"Before I did Brain Magic, I was always very worried about my grades, my friend issues and my body. I thought this was not going to work, but I tried it and I started to feel better about myself and so much happier."

Trevor - Grade 6

“I used to be very critical and I used to think in black and white, Brain Magic has helped me change that and helped me cope with my parents divorce.”

Emily - Grade 4

"You make me feel like I'm not the person who has anxiety and insecurities.”

Fatima - Grade 5

“We collaborated with Brain Magic and implemented the TEMPOH! program alongside the Department of Education's Resilience, Rights, and Respectful Relationships curriculum to enhance our school's positive mental health initiatives. I have not seen a program quite like this in my teaching career. Jack and Brett's innovative approach has made a significant and lasting impact on our school community, and we are grateful for the valuable contributions of their program.”

Cameron Baker - Engagement and Wellbeing Leading Teacher 5/6 Creekside K-9 College

"I highly recommend the TEMPOH program for any school, youth organisations and young person seeking a program that will support their growth, encourage a positive mindset, and provide them with the skills needed to navigate life’s challenges successfully."

Dr Lekan Ogunleye Consultant Psychiatrist

"Brain Magic’s approach to mental fitness and wellbeing through neuroscience education, mind-body connection, and evidence-based content is truly commendable."

Brett Sinnett - Assistant Principal Willowbank



Brain Magic



Scan to watch video

WWW.BRAINMAGIC.COM.AU

Scan to make a booking