

# SUMO 4 Schools

*Building character to realise potential*



## An opportunity to change the lives of children and young people

The SUMO principles uncover the secrets of a successful life and equip learners with the tools to achieve it. The products address practical ways to keep children and young people healthy - emotionally, mentally and physically.

### SUMO RESOURCES

**Secondary Schools pack:** 120 pages of motivation and insights and a DVD of Paul McGee unpacking the principles in a humorous and engaging way. Each principle has a lesson plan, DVD, animated Power Points, worksheets and other resources.

### The six life inspiring principles are:

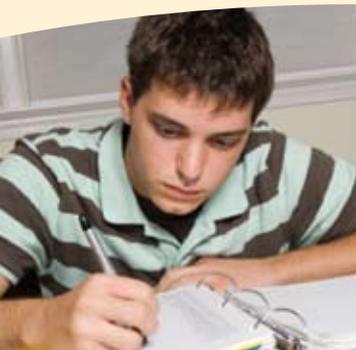
- 1. Change your T-Shirt** - Learn how to take responsibility.
- 2. Develop Fruity Thinking** - Learn how to use your mind to fulfil your potential.
- 3. Hippo Time is OK!** - Managing your emotions - don't let them manage you.
- 4. Remember the Beachball** - Learn how to build better relationships with others.
- 5. Learn Latin - Seize the Day!** Life rewards actions not intentions!
- 6. Ditch Doris Day** - Create your own future and make a positive difference.

“In this rapidly changing world, young people need all the help and support they can get and I’m convinced that the SUMO approach will help equip them to deal with life in a more positive way.”

**Janet Callender OBE,**  
**Chief Executive, Tameside Borough Council**

“SUMO has helped me change my attitude. I would argue and behave badly because I felt no-one liked me, but now I know I don’t need to wear the Victim T-Shirt. I can SUMO and take responsibility for how I am feeling and behaving.”

**15 year old girl**  
**Bishops Cleeve School**



## SUMO 4 Schools products available:

- Schools Pack. Purchase the pack which includes a license to implement within a specified school.
- Train the trainer sessions leading to accreditation as lead practitioners.
- In house training for staff. A unique opportunity to resource your staff with tools to motivate and inspire young people. A fun experience with life enhancing effects.
- In-school delivery of the SUMO principles by trained specialists to learners through year group assemblies, action days or small groups. Bespoke package to fit your needs.

## ABOUT SUMO



International bestselling author Paul McGee wrote the SUMO (Shut Up, Move On) book in 2005. The book was rapidly a best seller and the principles continue to impact the business world. However, the power of the principles was so inspirational, motivational, and life enhancing, that educators and community leaders around the world have been asking for them to be adapted for children and young people. The development of SUMO4Schools is to meet this need.

## FOR MORE INFORMATION

Visit: <http://Secondary.SUMO4schools.com>

Email: [Secondary@SUMO4schools.com](mailto:Secondary@SUMO4schools.com) (for secondary schools) or [Primary@SUMO4schools.com](mailto:Primary@SUMO4schools.com) (for primary schools)

Call: 01925 268708

If you want more information specifically related to all things SUMO then please visit [www.theSUMOguy.com](http://www.theSUMOguy.com)

## Building tomorrow's future today!



“I have no hesitation in endorsing the SUMO4Schools programme. Traditional subjects such as English and Maths are vital, however equally important are skills that develop a more positive attitude to life. Young people need to learn how to raise their aspirations, deal with set backs and build better relationships with others”  
**Bernard Hogan-Howe,**  
**Chief Constable of**  
**Merseyside Police**

“Recognising I had choice over my anger was a real insight, I have been to anger management classes but nothing seemed to help. SUMO is a tool which I can use. It changes me from a prickly hedgehog into a hamster! I would recommend it to anyone and everyone. It's amazing!”

**17 year old boy**  
**Tewkesbury School**