

BACKGROUND

Company

Vision

We believe that every child and adult can enjoy learning healthful strategies that last a lifetime, and gain insights into health as a complete state of physical, mental, and emotional well-being.

History

In 2008 Pennie brought together her two companies, Songs & Company and Qi Whole Creations, to create Pennie Sempell & Company and offer the latest in integrative health concepts to children and adults. Informed by Pennie's decades of clinical experience in integrative health and conflict resolution, Pennie Sempell & Company develops innovative, unique programs that teach physical, social, and emotional life skills through music and live performance.

About Pennie

Pennie is an integrative health therapist and wellness educator who works with adults and children of all ages and needs. Pennie has taught preschool in Washington D.C. and California, and directed an aquatic fitness program for children. She has earned numerous professional certifications in mediation and peer counseling, research-based mind-body therapies, and traditional healing art therapies.

Pennie has lectured internationally and published many articles on topics related to whole person health with a focus on self-help strategies. She has performed as a soloist (vocalist) on stage and television and is a well-known speaker and writer on whole person health topics. Pennie received a BA in psychology from the University of California, Berkeley, and Juris Doctor from the University of California, Hastings.

Pennie's Approach to Wellness

"Wellness" has been defined as a complete state of physical, emotional, and social well-being, and is much more than just the absence of disease. Wellness and life skills go hand in hand. Life skills competency is acquired through many learning experiences and includes a broad spectrum of coping and self-management skills that support health literacy.

Pennie believes that children and adults can enjoy learning how to take greater responsibility for their physical, emotional, and social well-being through music, movement, performance, art, and more. Her approach to integrative health includes:

- Active listening
- Advocacy
- Anger management
- Assertiveness
- Communication
- Cooperation and teamwork
- Coping and self-care
- Decision making and problem solving

- Empathy
- Guided imagery
- Mind-body therapies
- Managing feelings
- Managing stress
- Relaxation
- Stress management
- Wellness and fitness
- Yoga, tai chi, and qigong

Wellness and Life Skills for Adults

In today's world, many adults try to manage multiple stresses that can lead to conditions such as addictions, allergies, asthma, depression, fatigue, hypertension, insomnia, and weight gain. Pennie offers mind-body therapies and life skills training that can lower the risk of these diseases, reduce the symptoms, and help everyone achieve better health and happiness.

Resources

Pennie's blog, newsletter, and collection of health and wellness research provide support and community for parents and teachers.

Awards

- CD of the Year 2009 (Kids Health and Wellness), Creative Child Magazine
- Family Approved Seal, The Dove Foundation
- Seal of Approval, The National Parenting Center
- 100 Best Children's Products, *Dr. Toy's Guide* (2008)
- 10 Best Socially Responsible Products, *Dr. Toy's Guide* (2008)

Products: Holistic Wellness for Young Learners

Children ages 3-8 sing along and learn with Pennie's fun and engaging old-time radio show. They explore healthful strategies for a lifetime, in a music-rich, animated environment—based on the latest health and wellness research.

Students learn how to be healthier, happier, and more successful, as they gain insights into physical, emotional, and social health, singing along to well-known songs such as “I Got the Sun in the Morning” and learning about skills such as gratitude for what we have.

At the same time, the Healthier Happier interdisciplinary approach helps children practice their memory and language arts skills in an engaging environment. Closed captioning and on-screen lyrics support reading skills for all students.

Healthier Happier Life Skills: Home Edition

Three separate volumes in DVD format

HEALTH: Fun Time, Relax Time

Healthy habits
Building a strong body
Handling stress

HAPPINESS: The Best Things in Life Are Free

Self-esteem
Appreciation and caring
Confidence

RELATIONSHIPS: Love Songs for Our Children

Sharing feelings
Communication and kindness
Being responsible

Healthier Happier Life Skills: Classroom Edition

Three DVDs (see above) in one package, plus:

- Teacher Guide with standards-based, cross-curricular activities in health, language arts, music, science, and social-emotional learning (SEL)
- “How to Use” Video
- Teacher Guide
- Classroom & Take Home Worksheets

Healthier Happier Songs

The special Healthier, Happier recordings of well-loved songs are available for download, to be enjoyed in the car or on an iPod.

Testimonials

“This is a beautiful work of love that will make a big difference for those children who are fortunate enough to have a teacher or parent who uses it.”

—Jean Wells, accessibility expert, California State University

“This set impressed our testers not only with the quality of the production but the scope of its research and informative content.”

—National Parenting Center, Seal of Approval

“Not only perfect for families to share, but also a welcome addition to public library and audio book shelves. Highly recommended.”

—Midwest Book Review

“Over many years as a school psychologist, special education and K-4 teacher, I’ve reviewed many resources for children. I think this is the most outstanding program I’ve seen.”

—Dr. Susan Doherty, Ed.D., MFT, LEP, psychologist, teacher, Sacramento, CA

“This series will enhance the health and music curriculum.”

—School Library Journal

“There are so many choices around each lesson. You can focus on science or arts or health, and the state standards are very clearly defined.”

—Pamela Heck, Special Education Teacher, Sebastopol, CA

“The concepts are great and important for student success.”

—Cynthia Brown, Teacher, Solana Beach, CA

“If you are looking for happy music for kids without the commercialization of a lot of kids’ music, this is a good choice.”

—David Teten, Parent, New York, NY

Contact Us

For press inquiries

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To place an order

www.healthierhappierlife.com/store, 1-855-500-WELL, or order@healthierhappierlife.com.

For wellness/life skills consultations and conference presentations

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For more information and video demos

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