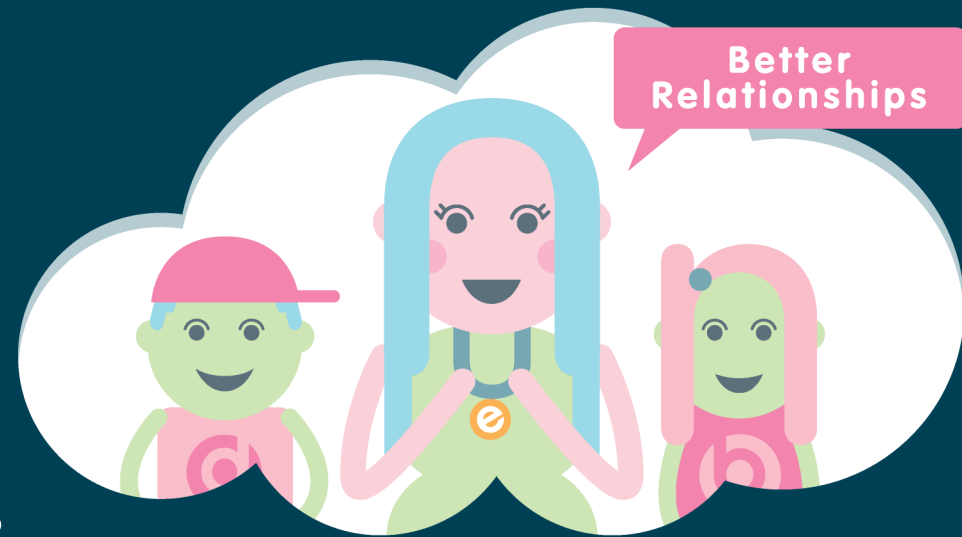




Today's Plan

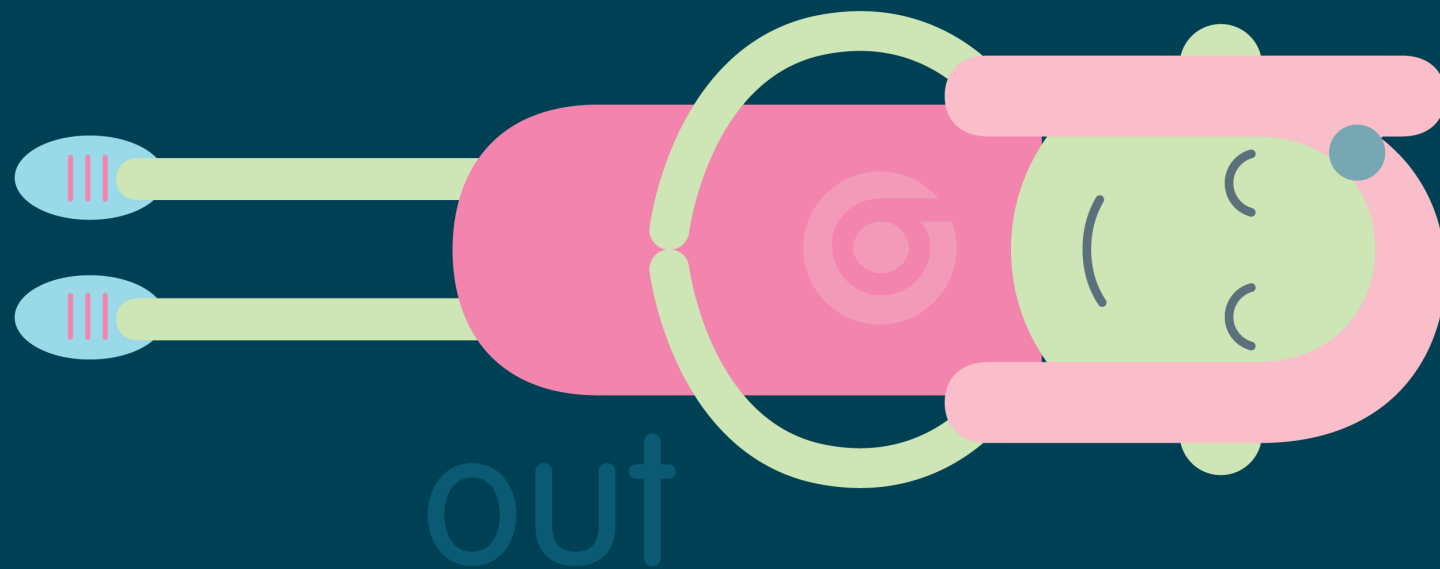
- What is Mindfulness and how do you practise?
- The benefits of Mindfulness for children and adults
- Short Breathing Practice
- The science of Mindfulness
- Body scan
- Q & A



What is Mindfulness?

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally.”

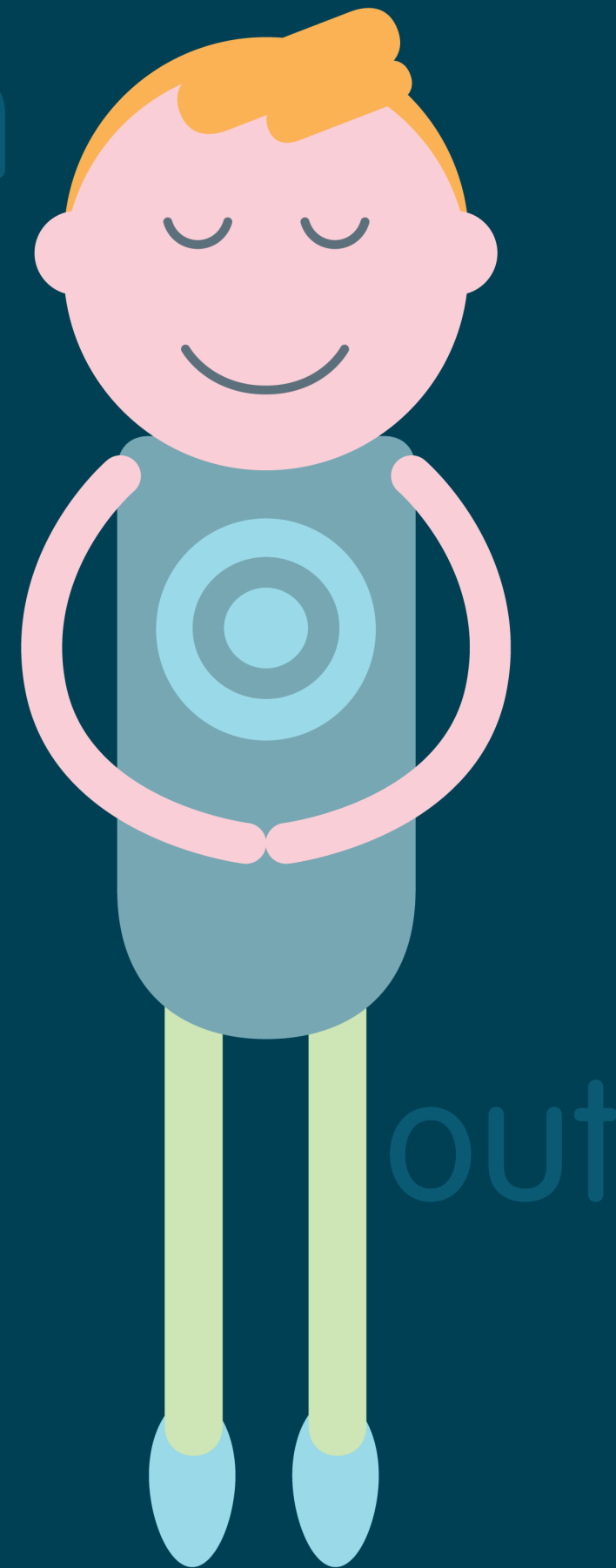
Jon Kabat Zinn



“Mindfulness isn’t difficult, we just need to remember to do it.”

Sharon Salzberg

in



out

Why Mindfulness?

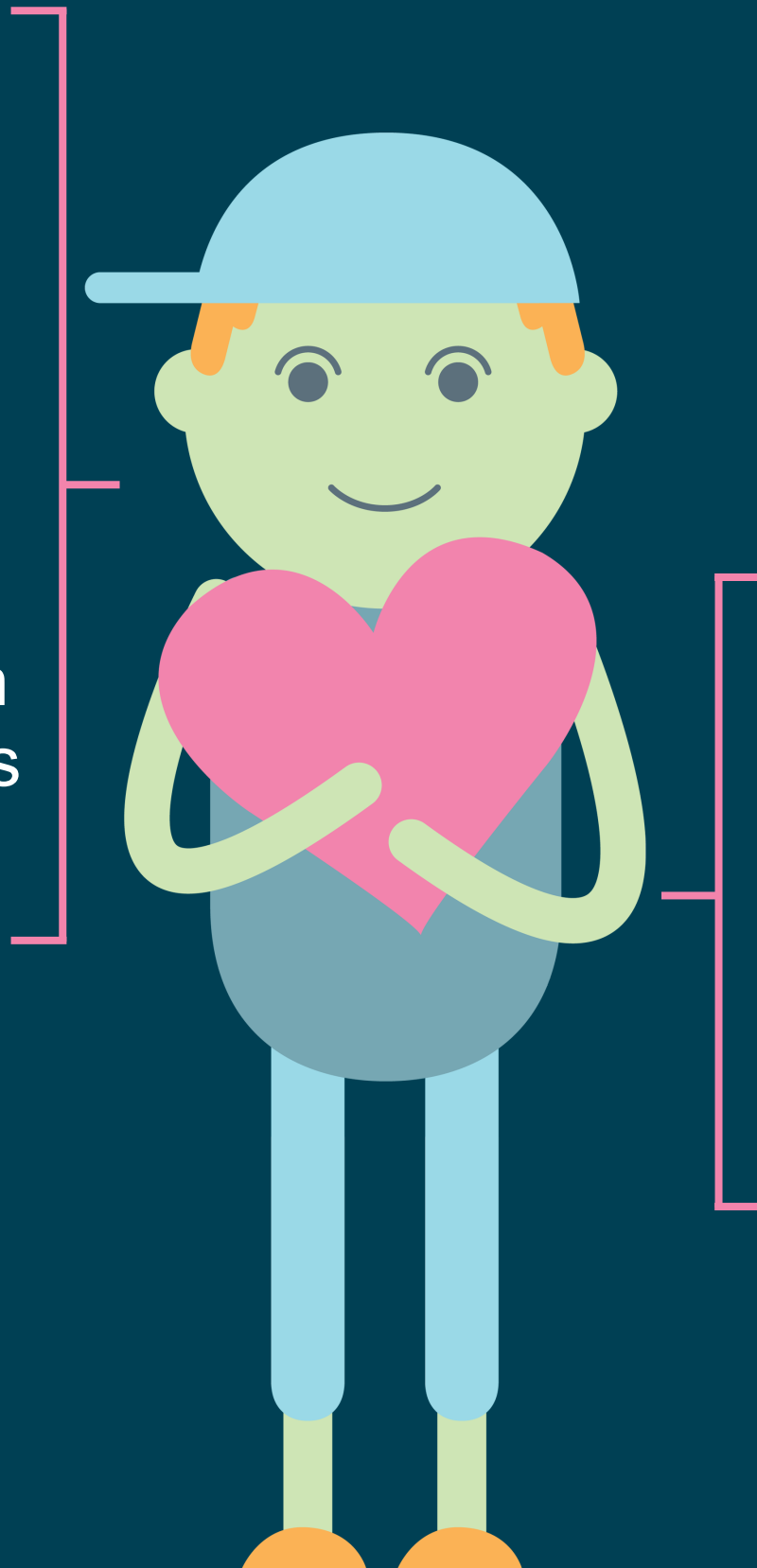
- Digital age - constant stimulus affects our ability to pay attention
- ACEs - 1 in 4
- COVID-19 - extra stress, uncertainty, collective trauma?
- Anxiety, stress and depression have never before been so prevalent.
- Research shows that poor mental health negatively impacts on attainment and life chances.
- Early intervention and prevention strategies are key to minimising the prevalence and severity of poor mental health.



Mindfulness is one evidence-based intervention that can benefit mental health and emotional wellbeing.

Adults

- Lower blood pressure
- Improves attention/
metacognition
- Lessens reactivity
- Improves depression/
anxiety
- Improves self-compassion
and compassion for others
- Builds resilience



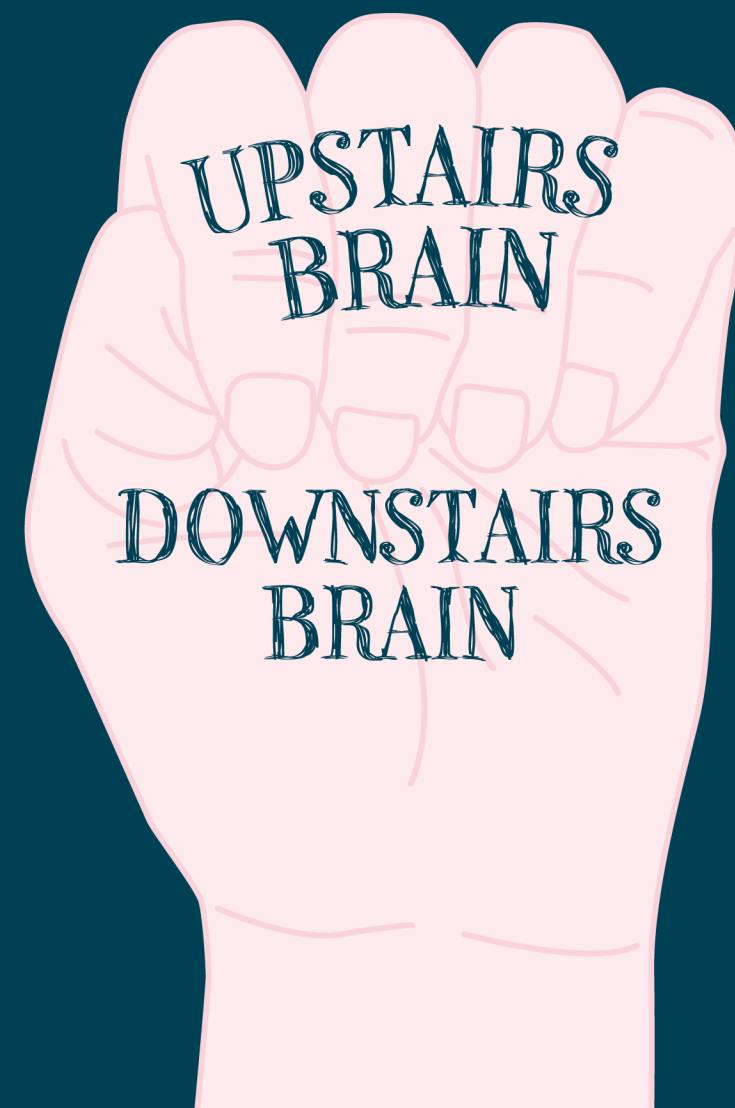
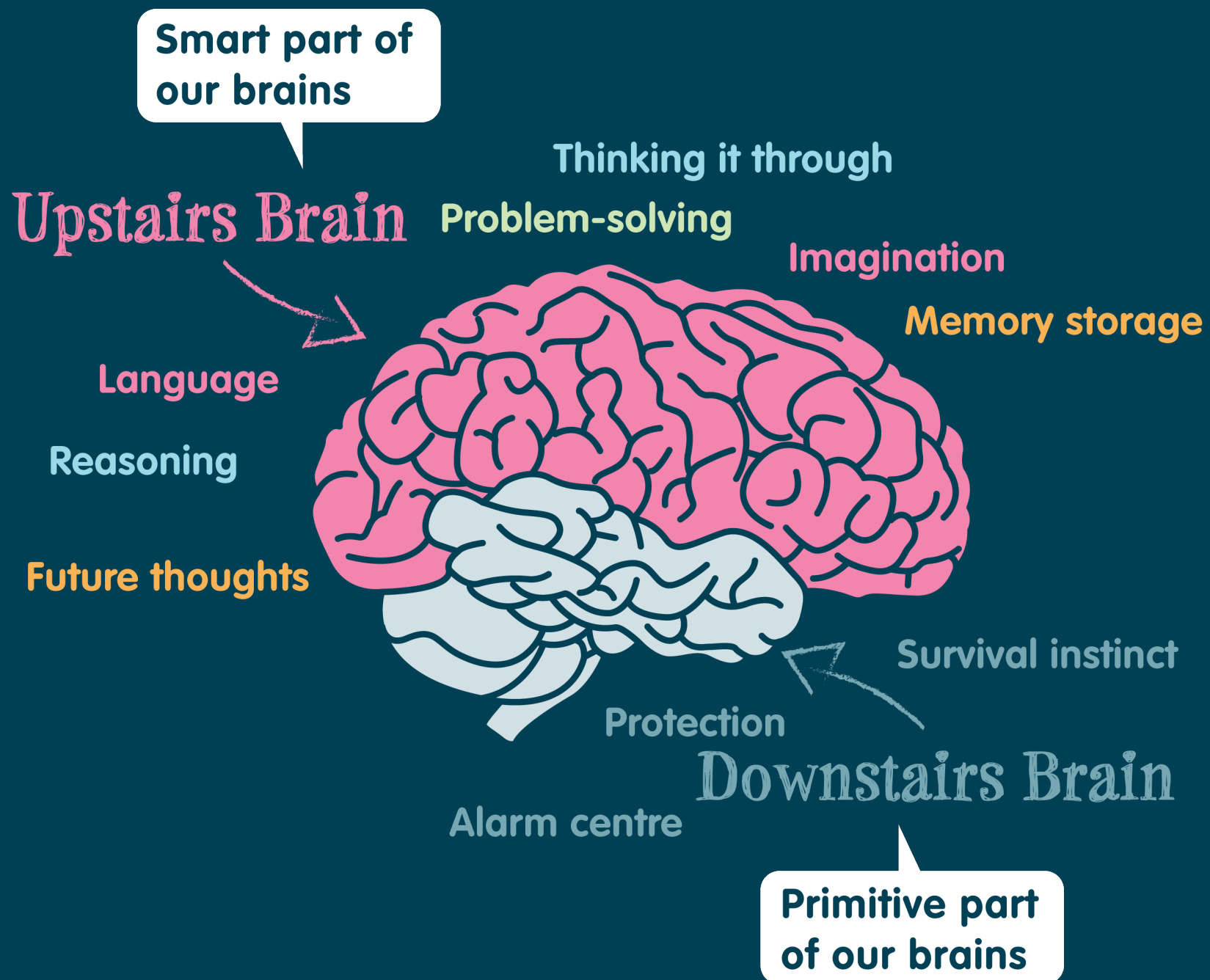
Children

- Improves readiness to learn and
impulse control.
- Improves self-awareness and self-
acceptance.
- Improves pro-social qualities like
empathy, generosity, kindness,
tolerance, compassion and ability to
connect

Let's do it! Mindful Breathing Practice



Science - what happens in our brains



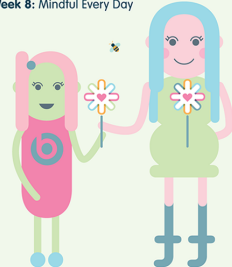


Health and Wellbeing: Responsibility of All

Nurtured

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 3: Heartfulness - Ourselves and Others
Week 4: Mindful Bodies
Week 5: Mindful Thinking
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day




- I am beginning to understand that when I send kind wishes and am compassionate to others and to myself that it helps me to develop positive, caring relationships with my family, my friends and others around me.
- I am beginning to understand that when I'm aware of my thoughts and feelings / physical sensations in my body that these can change depending on what I am doing and what is happening around me.
- I understand that my feelings and reactions can change depending on what is happening within and around me. This helps me to understand my own behaviour and the way others behave.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
- I know that friendship, caring, sharing, fairness and kindness are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.
- I am learning skills and strategies which will support me in challenging times.

May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b

Achieving

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 1: Mindful Attention
Week 2: Mindful Awareness
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day




- I can understand that when I pay attention and listen carefully it makes it easier for me to learn.
- I am beginning to understand that when I'm aware of my thoughts and feelings / sensations in my body that these can change depending on what I am doing and what is happening around me.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
- I know that friendship, caring, sharing, fairness and kindness are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.
- I am learning skills and strategies which will support me in challenging times.

May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b

Included

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 1: Mindful Attention
Week 2: Mindful Awareness
Week 3: Heartfulness - Ourselves and Others
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day




- I can understand that when I pay attention and listen carefully it makes it easier for me to learn.
- I am beginning to understand that when I'm aware of my thoughts and feelings / sensations in my body that these can change depending on what I am doing and what is happening around me.
- I am beginning to understand that when I send kind wishes and am compassionate to others and to myself that it helps me to develop positive, caring relationships with my family, my friends and others around me.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
- I know that friendship, caring, sharing, fairness and kindness are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
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May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b

Healthy

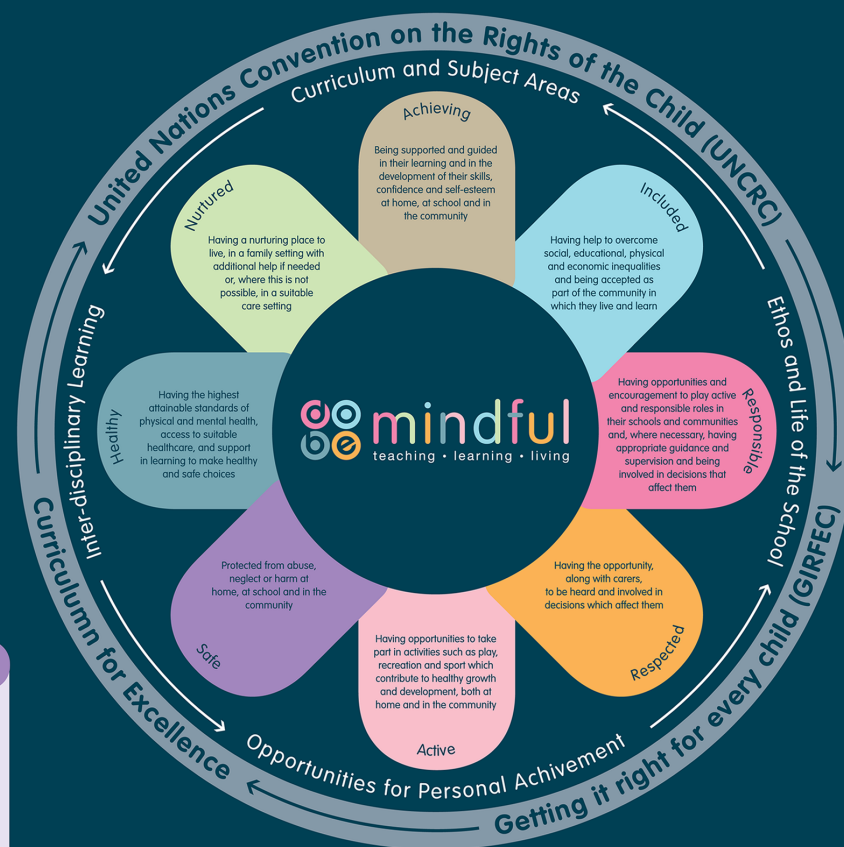
Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 3: Heartfulness - Ourselves and Others
Week 4: Mindful Bodies
Week 5: Mindful Thinking
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day



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- I am beginning to understand that when I'm aware of my thoughts and feelings / physical sensations in my body that these can change depending on what I am doing and what is happening around me. This helps me to understand my own behaviour and the way others behave.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
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- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
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May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b



Responsible

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 1: Mindful Attention
Week 2: Mindful Awareness
Week 3: Heartfulness - Ourselves and Others
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day




- I can understand that when I pay attention and listen carefully it makes it easier for me to learn.
- I am beginning to understand that when I'm aware of my thoughts and feelings / sensations in my body that these can change depending on what I am doing and what is happening around me.
- I am beginning to understand that when I send kind wishes and am compassionate to others and to myself that it helps me to develop positive, caring relationships with my family, my friends and others around me.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
- I know that friendship, caring, sharing, fairness and kindness are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.
- I am learning skills and strategies which will support me in challenging times.

May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b

Safe

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 3: Heartfulness - Ourselves and Others
Week 4: Mindful Bodies
Week 5: Mindful Thinking
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Week 8: Mindful Every Day




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- I am aware of and able to express my feelings and am developing the ability to talk about them.
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- I am learning skills and strategies which will support me in challenging times.

May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a, HWB 2-05a, HWB 2-06a, HWB 2-07a, HWB 2-08a, HWB 2-44b

Active

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 4: Mindful Bodies




- I am learning that when I pay attention to moving slowly I can be aware of my thoughts and how my body feels.
- I am learning that what I think changes how my body feels and how my body feels can change what I think.
- I am beginning to understand that when I'm aware of my thoughts and feelings / physical sensations in my body that these can change depending on what I am doing and what is happening around me.
- I understand that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning new ways to manage them.

May link to: HWB 2-01a, HWB 2-02a, HWB 2-04a

Respected

Examples of Do-BeMindful Explorers' Learning Intentions ▼

Lesson Theme
Week 3: Heartfulness - Ourselves and Others
Week 5: Mindful Thinking
Week 6: Mindful Moments
Week 7: Mindful Relationships
Week 8: Mindful Every Day



- I am beginning to understand that when I send kind wishes and am compassionate to others and to myself that it helps me to develop positive, caring relationships with my family, my friends and others around me.
- I understand that my feelings and reactions can change depending on what is happening within and around me. This helps me to understand my own behaviour and the way others behave.
- I am learning how to manage strong emotions I may feel and that 'noting', pausing and mindful breathing help me to feel more calm and relaxed.
- I know that friendship, caring, sharing, fairness and kindness are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support through the way I communicate and behave with kindness.
- I am aware of and able to express my feelings and am developing the ability to talk about them.
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.
- I am learning skills and strategies which will support me in challenging times.

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