

Do-BeMindful Initiative	Adventurers & Explorers Programmes	Lesson and Support Planner October 2020 – January 2021
19th October/26th October	October Break	Consolidation for staff
29th October 3.30pm - 4.15pm	Staff support online drop-in session 1	Introducing the <b>Do-BeMindful</b> programmes to children
2nd November	Mindful Attention	Developing learners 'attention muscle' and introduction to Mindful Breathing
9th November	Mindful Awareness	Developing awareness - physical, emotional and mental
16th November	Heartfulness - Ourselves and Others	Nurturing kindness, self-compassion and gratitude.
23rd November	Mindful Bodies	Introduction to Mind/Body connection
26th November 3.30pm - 4.15pm	Staff support online drop-in session 2	Mindfulness practice and open forum discussion
30th November	Mindful Thinking	Thoughts and Emotions - being kind to ourselves
7th December	Mindful Moments	Using our new skills to manage strong emotions
14th December	Mindful Relationships	Connecting and communicating with others
28th December/4th January 2021	Christmas Break	
11th January	Mindful Every Day	Consolidation and living Mindfully
14th January 3.30pm - 4.15pm	Staff support online drop-in session 3	Mindfulness practice - embedding and next steps
January - March 2021	Essentials Programme	Moving to engaging Parents/Carers in the wider community