

Do-BeMindful Initiative	Adventurers & Explorers Programmes	Lesson and Support Planner January – March 2021
22nd December - 4th January	Christmas Break	Personal practice/consolidation
12th January 3.30pm - 4.30pm	Staff support online drop-in session 1	Introducing the Do-BeMindful programmes to children
19th January	Mindful Attention	Developing learners 'attention muscle' and introduction to Mindful Breathing
26th January	Mindful Awareness	Developing awareness - physical, emotional and mental
2nd February	Heartfulness - Ourselves and Others	Nurturing kindness, self-compassion and gratitude
9th February	Mindful Bodies	Introducing Mind/Body Connection
16th February 3.30pm - 4.15pm	Staff support online drop-in session 2	Mindfulness practice and open forum discussion
23rd February	Mindful Thinking	Thoughts and Emotions - being kind to ourselves
2nd March	Mindful Moments	Using our new skills to manage strong emotions
9th March	Mindful Relationships	Connecting and communicating with others
16th March	Mindful Every Day	Consolidation and living Mindfully
23rd March 3.30pm - 4.15pm	Staff support online drop-in session 3	Mindfulness practice - embedding and next steps
April-June 2021	Essentials Programme for Families	Moving to engaging Parents/ Carers in the wider community