

Do-BeMindful Initiative	Resilience-based Recovery Primary/Early Years	Support Planner January 2021-April 2021
W/b 4th January	Watch Launch Video and Sign up	
W/b 11th January	Introduction to Mindfulness	Understanding the benefits, autopilot and neuroplasticity
W/b 18th January	MInd-Body Awareness	The mind/body connection and creating emotional space
W/b 25th January	Heartfulness	Nurturing kindness, self-compassion and gratitude
W/b 1st February	Mindfulness Every Day	Communication and the power of curiosity
9th February 3.30pm - 4.30pm	Staff support online drop-in session	Teaching Mindfully
W/b 15th February	The Science of Early Childhood Development	Executive function, ACE's and early Intervention
W/b 22th February	Trauma-sensitive Mindfulness	The window of tolerance and practical trauma-responsive steps
W/b 1st March	Whole-school Activity 1: Reflection	We reflect on and share things that we've lost and found during this challenging time
W/b 8th March	Whole-school Activity 2: Gratefulness/Positive Thoughts	We learn that a positive attitude can help us to overcome problems and that setbacks are not the end of everything
W/b 12th April	Whole-school Activity 3: Sleep	We explore how sleep affects us and how we can improve the quality of our sleep
W/b 19th April	Whole-school Activity 4: Nutrition	We bring our awareness to what we eat becoming more aware of when we are full and appreciative of our experience
W/b 26th April	Whole-school Activity 5: Exercise	We connect with body and breath through the powerful practice of yoga
27th April 3.30-4.30pm	Staff support online drop-in session 3	Practice and questions/answer session
W/b 3rd May	Whole-school Activity 6: Device Free Time	We focus on connecting with our senses and practise mindfulness outdoors
W/b 10th May	Whole-school Activity 7: Relationships/Connecting	We consider different ways we can connect and show we love and care
W/b 17th May	Whole-school Activity 8: Coping with Uncertainty	We cultivate a feeling of hope in the face of uncertainty