

Do-BeMindful Initiative	Resilience-based Recovery Secondary	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
10th February 4.15pm - 5.00 pm	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: Coping with Uncertainty	We explore the science and practice of Mindfulness & how coping with uncertainty is often dependent on perspective
W/b 8th March	Whole-school Activity 2: Gratefulness/Positive Thoughts	We consider autopilot and how we can transform 'hardwired' negativity bias by focusing on positive experiences and good things in our lives
W/b 12th April	Whole-school Activity 3: Sleep	We look at the close relationship between sleep, mental health and building the resilience we need to adapt and cope with difficult emotions
W/b 19th April	Whole-school Activity 4: Nutrition	We explore our second brain and 'internal fitness', and the role Mindful Eating can play in helping to support our wellbeing
W/b 26th April	Whole-school Activity 5: Exercise	We discover how exercise affects 'good mood' chemicals - or neurotransmitters - in our body and connect with body and breath through the powerful practice of yoga
28th April 4.15-5.00pm	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 how our devices affect our mental health and consider the importance of device-free time.
W/b 10th May	Whole-school Activity 7: Relationships/Connecting	We explore the science of self-compassion and cultivating a sense of compassion for others.
W/b 17th May	Whole-school Activity 8: Reflection	Our 'Mindfulness Toolbox' can help us counterbalance the effects of stress and lay the foundation for building emotional resilience.