

Do-BeMindful Initiative	Resilience-based Recovery Secondary	Support Planner September 2021 to April 2022
2/3rd September	Watch Launch Video and Sign up	
W/b 6th September	Module 1: Introduction to Mindfulness	Understanding the benefits, autopilot and neuroplasticity
W/b 13th September	Module 2: MInd-Body Awareness	The mind/body connection and creating emotional space
W/b 20th September	Module 3: Heartfulness	Nurturing kindness, self-compassion and gratitude
W/b 27th September	Module 4: Mindfulness Every Day	Communication and the power of curiosity
29th September 4.45-5.15pm	Staff support online drop-in session 1	Teaching Mindfully
W/b 4th October	The Science of Early Childhood Development	Executive function, ACE's and early Intervention
W/b 18th October	Trauma-sensitive Mindfulness	The window of tolerance and practical trauma-responsive steps
W/b 1st November	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 15th November	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
24 th November 2021 4.45-5.15pm	Staff support online drop-in session 2 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 13th December	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 17th January 2022	Whole-school Activity 5: Exercise	We introduce the science of physical exercise and brain neuroplasticity, and the role that Mindful Movement can play in helping to support our mental health and emotional wellbeing.
2nd February 2022 4.45-5.15pm	Staff support online drop-in session 3	Practice and questions/answer session
W/b 14th February 2022	Whole-school Activity 6: Device-Free Time	We explore the 'Goldilocks theory' and how Mindfulness can help improve our relationship with digital technology.
W/b 7th March 2022	Whole-school Activity 7: Relationships/Connecting	We explore the ways in which Mindfulness can help to nurture our relationship with ourself and connecting with others.
W/b 28th March 2022	Whole-school Activity 8: Reflection	We explore the practices we've learned, think about the ways in which we can continue to live mindfully every day and we set our intentions for the future.