

Do-BeMindful Initiative	Resilience-based Recovery Primary/Early Years	Support Planner August 2021 - December 2021
W/b 16th August	Watch Launch Video and Sign up	
W/b 23rd August	Introduction to Mindfulness	Understanding the benefits, autopilot and neuroplasticity
W/b 30th August	MInd-Body Awareness	The mind/body connection and creating emotional space
W/b 6th September	Heartfulness	Nurturing kindness, self-compassion and gratitude
W/b 13th September	Mindfulness Every Day	Communication and the power of curiosity
29th September 3.30pm - 4.00pm	Staff support online drop-in session	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 25th October	Whole-school Activity 1: Reflection	We reflect on and share things that we've lost and found during this challenging time
W/b 1st November	Whole-school Activity 2: Gratefulness and 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 8th November	Whole-school Activity 3: Sleep	We explore how sleep affects us and how we can improve the quality of our sleep
W/b 15th November	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 22nd November	Whole-school Activity 5: Physical Exercise	We connect with our body and breath through the powerful practice of yoga
24th November 3.30-4pm	Staff support online drop-in session 2	Practice and questions/answer session
W/b 6th December	Whole-school Activity 6: Device Free Time	We focus on connecting with our senses and practise mindfulness outdoors
W/b 13th December	Whole-school Activity 7: Relationships and Connecting	We consider different ways we can connect and show we love and care
W/b 20th December	Whole-school Activity 8: Coping with Uncertainty	We cultivate a feeling of hope in the face of uncertainty