



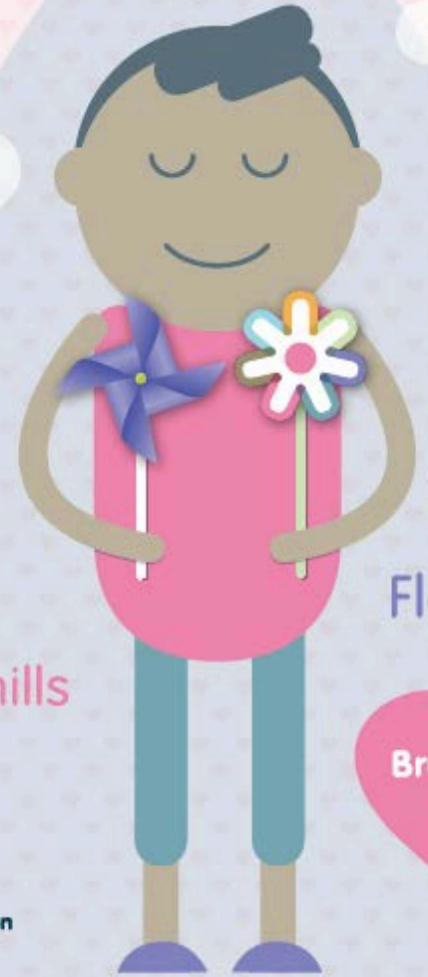
Module	Theme	Topics
Module 1	Introduction to Mindfulness	<ul style="list-style-type: none"> • What is Mindfulness? • Exercise: Breathing Space Meditation • Benefits of Mindfulness - the Research Evidence • Unmindfulness - Autopilot and Negativity Bias • Exercise: Counting Breaths Meditation • Re-wiring our Brains - Understanding Neuroplasticity • How Do You Practise Mindfulness? • Mindfulness Practices for Week 1
Module 2	Mind-Body Awareness	<ul style="list-style-type: none"> • Mindful Awareness of Thoughts • Exercise: Training the Puppy Meditation • Mindful Awareness of the Body • Exercise: The Body Scan Meditation • The Mind-Body Connection • Anchor Words • Exercise: The Body Scan using Anchor Words • Creating Emotional Space • Mindfulness Practices for Week 2
Module 3	Heartfulness	<ul style="list-style-type: none"> • What is Heartfulness? • Gratitude • Exercise: Gratitude Meditation • Compassion - Ourselves and Others • Exercise: Self-compassion Score • Kindness • Exercise: Loving Kindness Meditation • A Cherokee Parable • Mindfulness Practices for Week 3



Module	Theme	Topics
Module 4	Mindfulness Every Day	<ul style="list-style-type: none">• Mindful Communication• The Power of Curiosity• A Mindful Way of Living• Exercise: Mountain Meditation• Reflection and Round-up• Exercise: Intentions for the Future• Mindfulness Practices for Week 4• Our Do-BeMindful Closing Message
Module 5	Teaching Mindfully	<ul style="list-style-type: none">• The Role of Mindfulness in Education• Personal Practice• Mindful Teaching• Exercise: Setting Intentions Meditation• The Core Competencies of a Mindful Educator• Exercise: Standing Mindfulness Practice• Teaching Mindfulness• Our Recommendations• Mindfulness Practices for Week 5

Module	Theme	Topics
Module	The Science of Early Childhood Development	<ul style="list-style-type: none"> • Important note to Programme Participants • The importance of Executive Function in Child Development • The Science of Early Childhood Development • Positive Stress, Tolerable Stress, Toxic Stress • Impact of Adverse Childhood Experiences on Development • Early Intervention Can Prevent the Consequences of ACE's • The Science of Resilience • Exercise: Coping with Uncertainty
Module	Trauma-sensitive Mindfulness	<ul style="list-style-type: none"> • Covid-19 - a 21st Century ACE? • The Importance of Teaching Trauma-sensitive Mindfulness • The Impact of Trauma on Executive Function • The Window of Tolerance • What You Might Observe in Children's Behaviour • Practical Trauma-responsive Steps for Teaching • The Mindfulness Dilemma • A Guide to Teaching Trauma-sensitive Mindfulness • Exercise: Releasing Fear and Finding Peace
Module 8	Resilience-based Recovery Activities - Themes 25 Resilience-based Recovery activity cards delivered over 8 week.	<ul style="list-style-type: none"> • Reflection • Gratefulness & Positive Thoughts • Sleep • Nutrition • Exercise • Device-free Time • Relationships & Connecting • Coping With Uncertainty

Flowers and Windmills



Windmills

Windmills

Windmills

Theme - Reflection



Gratitude Sticks




Positive Thoughts

My Mindful Dragon




Theme - Device Free Time

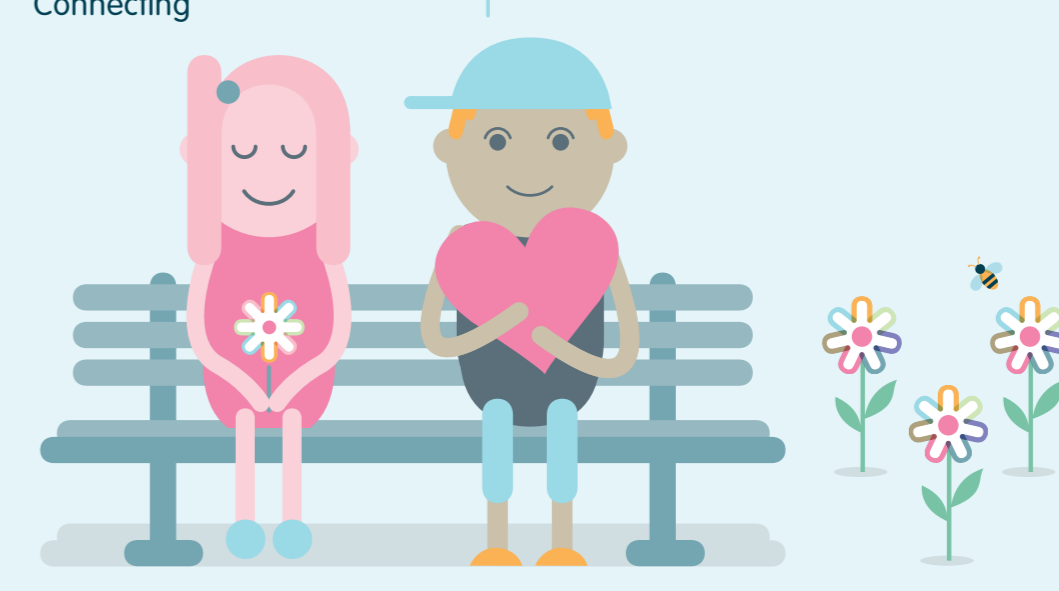
Health and Wellbeing: Responsibility of All

Nurtured		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Being Calm Relaxing Kindness Curiosity</p> 	<p>Activity Card Themes: Reflection Gratefulness & Positive Thoughts Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 1: Flowers and Windmills Week 2: Butterfly Hugs Week 7: Back to Back Shoulder Breathing</p> <p>Pause and Practice Week 7: Love Pebbles Week 8: Tap, Tap, Tap Week 2: Gratitude Sticks</p> <p>Relax and Reconnect Week 1: Lost and Found Week 7: A Handful of Love Week 8: Finding Hope</p>

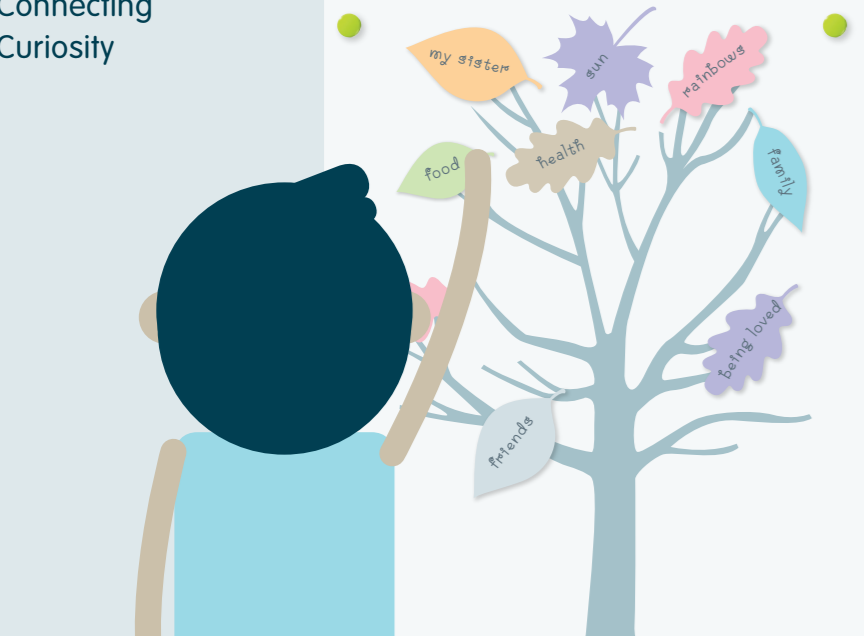
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Achieving		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Sleep Nutrition Device Free Time Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 4: Triangle Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 3: SENSE-ational Week 4: Mindful Taste Test Week 8: Tap, tap, tap</p> <p>Relax and Reconnect Week 4: I Am Peace Week 6: My Mindful Dragon Week 8: A Handful of Love</p>

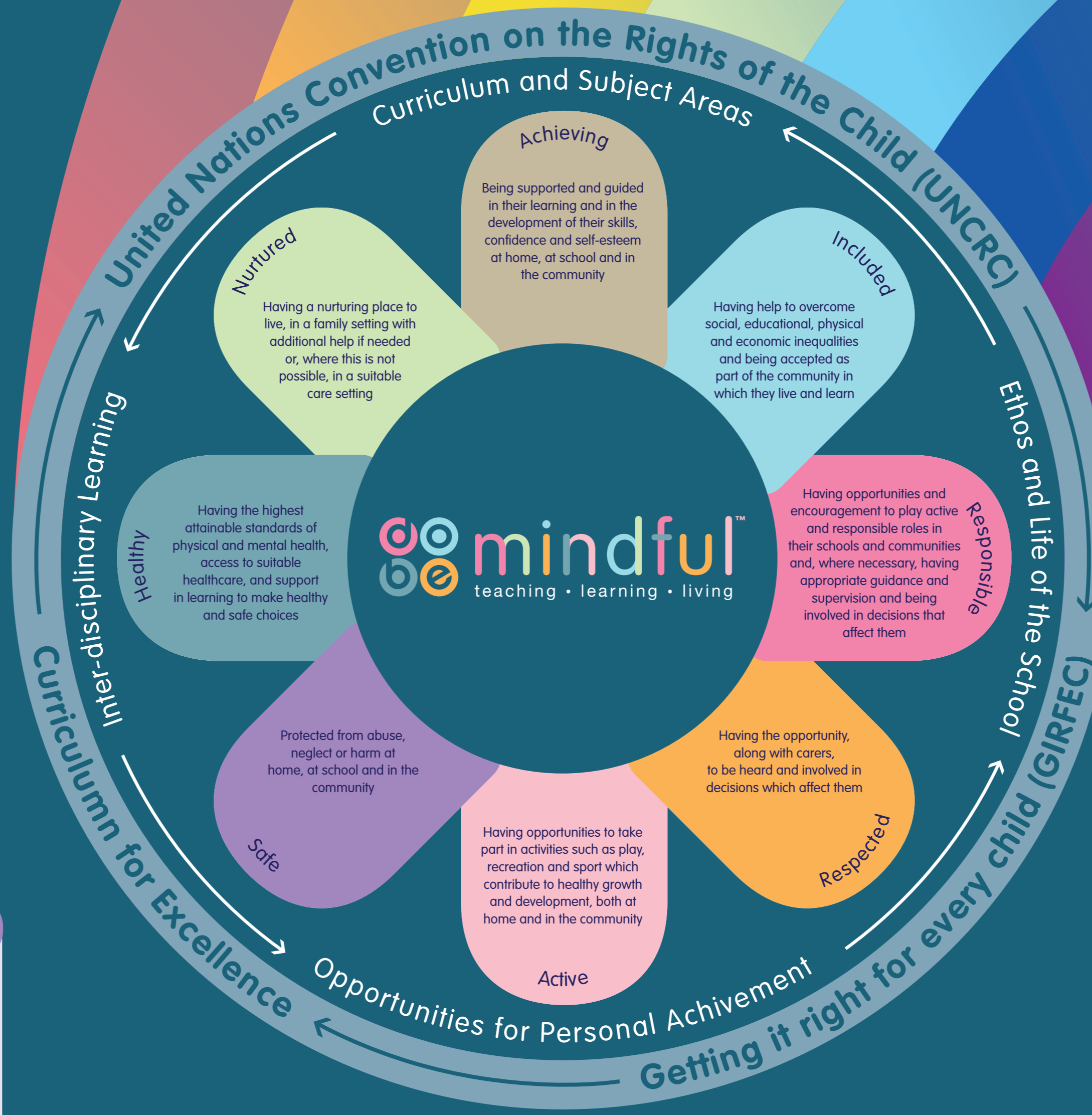
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Included		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Reflection Gratefulness & Positive Thoughts Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 2: Butterfly Hugs Week 7: Back To Back Shoulder Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 2: Gratitude Sticks Week 8: tap, Tap, Tap</p> <p>Relax and Reconnect Week 1: Lost and Found Week 2: Gratitude Tree Week 7: A Handful of Love</p>

May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b

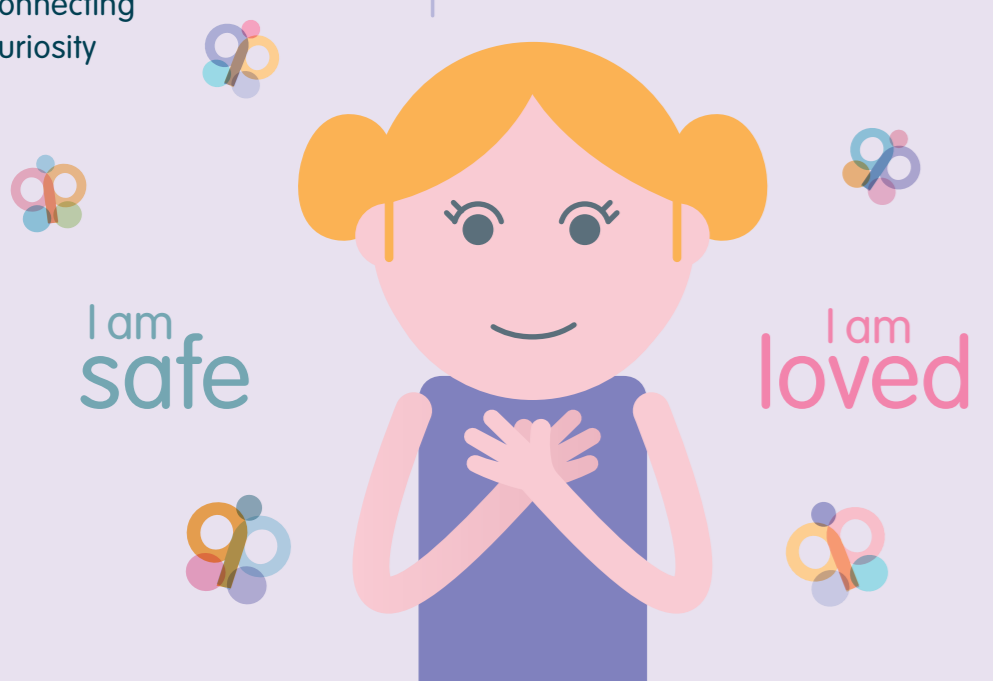
Healthy		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Being Calm Play Kindness Relaxing Connecting Curiosity</p> 	<p>Activity Card Themes: Physical Exercise Sleep Nutrition Gratefulness & Positive Thoughts Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 4: Triangle Breathing Week 5: Rocket Breathing</p> <p>Pause and Practice Week 3: SENSE-ational Week 4: Mindful Taste Test Week 5: Animal Yoga</p> <p>Relax and Reconnect Week 2: Gratitude Tree Week 3: Sleep Is Good For Us Week 7: A Handful of Love</p>

May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b



Responsible		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing Connecting</p> 	<p>Activity Card Themes: Gratefulness/Positive Thoughts Sleep Nutrition Physical Exercise Device Free Time Relationships & Connecting</p>	<p>Breathe and Begin Week 3: Bee Breathing Week 5: Rocket Breathing Week 6: We're Going On A Sound Hunt</p> <p>Pause and Practice Week 3: SENSE-ational Week 2: Gratitude Sticks Week 6: Nature Calm Jar</p> <p>Relax and Reconnect Week 3: Sleep Is Good For Us Week 4: I am Peace Week 6: My Mindful Dragon</p>

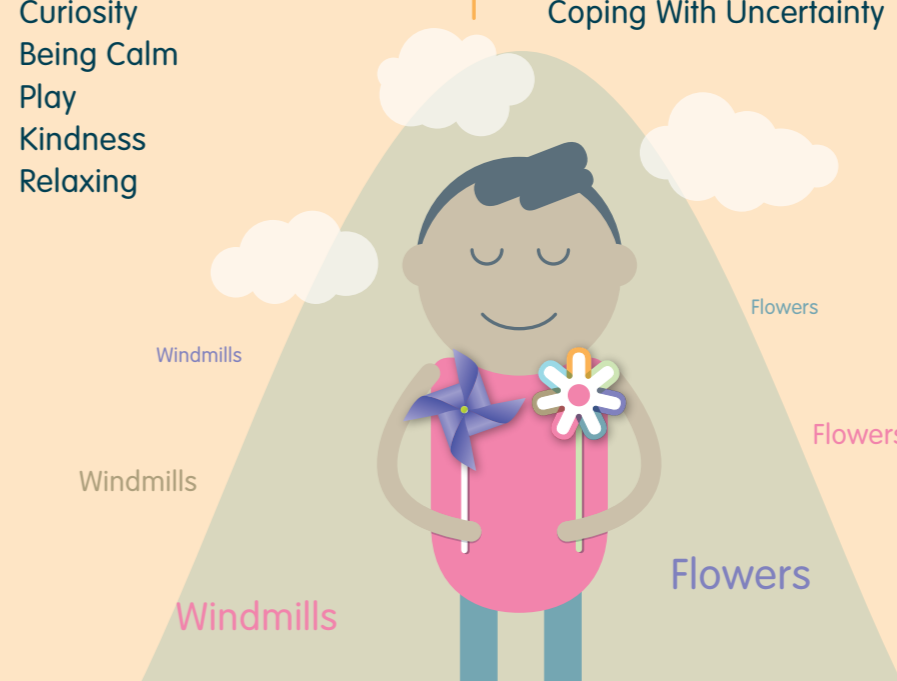
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Safe		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Being Calm Play, Kindness Relaxing Connecting Curiosity</p> 	<p>Activity Card Themes: Relationships & Connecting Coping With Uncertainty Gratefulness & Positive Thoughts Reflection</p>	<p>Breathe and Begin Week 2: Butterfly Hugs Week 7: Back to Back Shoulder Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 2: Gratitude Sticks Week 7: Love Pebble</p> <p>Relax and Reconnect Week 1: Lost & Found Week 7: A Handful of Love Week 8: Finding Hope</p>

May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b

Active		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play</p> 	<p>Activity Card Themes: Physical Exercise Device-Free Time</p>	<p>Breathe and Begin Week 5: Rocket Breathing Week 6: We're Going On A Sound Hunt</p> <p>Pause and Practice Week 5: Animal Yoga Week 6: Nature Calm Jar</p> <p>Relax and Reconnect Week 5: I am Yoga Week 6: My Mindful Dragon</p>

May link to: Early Level: HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a, HWB 0-44b

Respected		
Lesson Theme	Activity	
<p>Examples of Resilience Activity skills - Focus Curiosity Being Calm Play Kindness Relaxing</p> 	<p>Activity Card Themes: Reflection Relationships & Connecting Coping With Uncertainty</p>	<p>Breathe and Begin Week 1: Flowers & Windmills Week 7: Back To Back Shoulder Breathing Week 8: Bunny Breathing</p> <p>Pause and Practice Week 1: Express Yourself Week 7: Love Pebbles Week 8: Tap, Tap, Tap</p> <p>Relax and Reconnect Week 1: Lost & Found Week 7: A Handful of Love Week 8: Finding Hope</p>

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