

WHY BRING MINDFULNESS INTO YOUR SCHOOL

Mindfulness can help young people to recognise anxiety, manage difficulties and cope with exams. It can also help young people to recognise what is good in their life.

In improving attention to the present moment Mindfulness may improve children's capacity to concentrate and be less distracted, as well as improving their working memory and ability to plan.

Mindfulness is often taught in the context of PSHE. It can also easily be used by staff and pupils in other parts of the school day. It helps to develop a greater awareness of relationships and how to manage them (including difficult ones at home), as well as offering a better understanding of things like self-esteem and optimism.

'Mindfulness may help young people to self-regulate more effectively, manage impulsivity and reduce conflict'. *

*How does mindfulness modulate self-regulation in pre-adolescent children?
An integrative neurocognitive review
Rebekah Jane Kaunhoven, Dusana Dorjee School of Psychology, Bangor University.

www.HeadStartKent.org.uk



What are we offering?

1) Introduction to Mindfulness

What it can do for you and your community

2) Learn Mindfulness

Become a Mindfulness practitioner and develop skills to use in your setting

3) Spread Mindfulness

Take your understanding one step further and learn the tools to equip your colleagues and community to deliver mindfulness too.

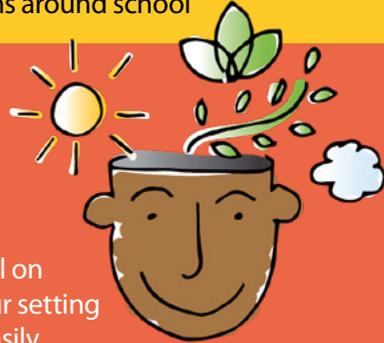
How can I use Mindfulness?

- Introduce exercises in breakfast clubs or tutor time
- Provide open break time sessions
- Teach and respond in a mindful way
- Provide pre-exam sessions to reduce anxiety
- Introduce a scheme of work, which is provided by our trainers, across a year group
- Replace time outs with mindful practice or Mindful 1-1's
- Introduce stop – breathe stations around school

For staff

'Practising Mindfulness can ease stress, increase self compassion and increase teaching efficacy'.*

Having a menu of practices to call on that can be used creatively in your setting will help you to see how it can easily become part of your working day.



What school staff have said about the training

"Great resources – book and audio links are high quality. I'd like to share the benefits I've gained from this course".

"I have always loved mindfulness and meditation – I now feel ready to share the benefits with others".

*Impacts on the Wellbeing and Performance of School Staff
Katherine Weare, Emeritus Professor, Universities of Exeter and Southampton.



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www.headstartkent.org.uk