breathe

6 lessons taught in Year 7
Training requirement: 1 day

These lessons introduce some techniques of Mindfulness to students. Mindfulness involves learning to direct attention to the experience as it is unfolding, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen. Mindfulness is to respond skilfully to whatever is happening right now, be that good or bad. This includes paying close attention to inner states such as thoughts, emotions and physical sensations, as well as to what is happening in the outside world. This element encourages students to explain these ideas and develop mindful habits and skills.

This simple act of stopping and breathing provides the kernel of these six lessons for students. The lessons allow students to develop mindfulness as a life-skill to;

- feel happier, calmer and more fulfilled
- get on better with others
- help them concentrate and learn better
- help cope with stress and anxiety

The skills developed can be reinforced at the start of future lessons or at any time when a focus on the here and now would be helpful, for example before exams or tests.

Lesson One
Puppy Training With The Mind

Lesson Two
Taming The Animal Mind

Lesson Three
Dealing With Difficulty

Lesson Four
The Storytelling Mind

Lesson Five
Being Here Now

Lesson Six
Taking In The Good

Good to Know

• breathe has been developed for Healthy Minds by Mindfulness in Schools, a leading authority in how to teach mindfulness to students. It has been designed to introduce both teachers and students to the ideas of mindfulness, without requiring extensive experience in the practice. It does not serve to replace more extensive curricula aimed at developing a practice in mindfulness, but it does offer an introduction that may spark interest in the field and provide students with an opportunity to adapt some simple strategies taken from the mindfulness approach.

For more information on Mindfulness in Schools visit **www.mindfulnessinschools.org**