

Mindfulness Curriculum Summary

Mindfulness involves turning our attention in a practised and focused way to what is happening in the present moment. It trains us to tune in to what is happening in our bodies and minds and this helps us to respond rather than react to things that happen, whether they be good or bad.

Recent research into Mindfulness shows that regular practice can alter the structure of the brain helping adults and children to learn more effectively. Furthermore, Mindfulness promotes an attitude of kindness and open curiosity and teaches children and adults alike to feel empathy for others and compassion for oneself.

Mindfulness also provides a space for children to just 'be'; a moment out of their busy lives to process and

respond to their thoughts and feelings. Mindfulness is a skill that can be taught to children of all ages and abilities. It is a simple and effective way to help children develop self-awareness, self-regulation, and social skills. Mindfulness can be integrated into the classroom in a variety of ways, from short mindfulness exercises to dedicated mindfulness lessons. Mindfulness can be a powerful tool for helping children to manage their emotions and improve their learning outcomes.