

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 experiences. Mindfulness is a skill that can be taught to children of all ages and abilities. It is a practice that can be used in a variety of settings, including in the classroom, at home, and in community settings. Mindfulness is a practice that can be used to help children develop self-awareness, self-regulation, and social skills. It is a practice that can be used to help children develop a positive attitude towards themselves and others. Mindfulness is a practice that can be used to help children develop a sense of purpose and meaning in their lives. Mindfulness is a practice that can be used to help children develop a sense of connection to their community and the world around them. Mindfulness is a practice that can be used to help children develop a sense of resilience and the ability to cope with stress and adversity. Mindfulness is a practice that can be used to help children develop a sense of gratitude and appreciation for the things in their lives. Mindfulness is a practice that can be used to help children develop a sense of inner peace and calm. Mindfulness is a practice that can be used to help children develop a sense of self-compassion and the ability to forgive themselves for their mistakes. Mindfulness is a practice that can be used to help children develop a sense of empathy and the ability to understand the feelings of others. Mindfulness is a practice that can be used to help children develop a sense of respect and the ability to treat others with kindness and dignity. Mindfulness is a practice that can be used to help children develop a sense of responsibility and the ability to take ownership of their actions. Mindfulness is a practice that can be used to help children develop a sense of hope and the ability to believe in a better future. Mindfulness is a practice that can be used to help children develop a sense of joy and the ability to find happiness in the present moment. Mindfulness is a practice that can be used to help children develop a sense of love and the ability to care for others. Mindfulness is a practice that can be used to help children develop a sense of awe and the ability to be amazed by the beauty of the world around them. Mindfulness is a practice that can be used to help children develop a sense of wonder and the ability to be curious about the world around them. Mindfulness is a practice that can be used to help children develop a sense of awe and the ability to be amazed by the beauty of the world around them. Mindfulness is a practice that can be used to help children develop a sense of wonder and the ability to be curious about the world around them.