

BRING MINDFULNESS TO YOUR SCHOOL

- WHAT IS MINDFULNESS?
- THE BENEFITS FOR CHILDREN - AND TEACHERS
- HOW TO BRING MINDFULNESS TO YOUR SCHOOL
- TRAINING COURSES FOR YOU

MiSP



WHAT IS MINDFULNESS?

Put simply, mindfulness is the basic human ability to be fully present: aware of what we are doing, as opposed to worrying about what might happen in the future or ruminating about what has already happened.

Mindfulness can help us to be more aware of any tendencies to be reactive or overwhelmed by what is going on around us, grounding ourselves in those moments when they arise. We do this through simple practices whilst sitting, walking, standing, or moving, as well as bringing mindful awareness into everyday life. These practices help us develop an inner resource to deal with everyday worries and stress, and also to be able to notice and really appreciate the 'good stuff' that we might otherwise miss.

What's the point of mindfulness?

If you hear somebody claiming mindfulness is a cure for everything then please be careful! Nevertheless, there is a body of increasingly robust research which points towards tangible benefits.

In adults, mindfulness training has been shown to significantly improve health and wellbeing.

After taking a mindfulness course, people have reported that they are able to learn new information more effectively, think more clearly and feel calmer and less anxious. Specific mindfulness courses are now recommended by the **National Institute of Clinical Excellence**, and GPs are referring adults on to eight-week mindfulness courses to reduce stress and help prevent recurrent depression. It is increasingly being used in the workplace to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people to enhance wellbeing, learning, and behaviour management.

Is mindfulness difficult?

Mindfulness is learned through direct experience of practices. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.

At first the mind wanders constantly, but with practice we learn to sustain our attention and direct it more skillfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and rational thinking about all aspects of life. However, it takes practice!

CONTACT MINDFULNESS IN SCHOOLS PROJECT AT:

enquiries@mindfulnessinschools.org | www.mindfulnessinschools.org

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WHO WE ARE ...

MiSP

Mindfulness in Schools Project (MiSP) is a national, not-for-profit charity for young people and schools. Our aim is to improve the lives of a generation of children and young people by making a genuine, positive difference to their mental health and wellbeing.

Our view is that everyone deserves to not ‘just get by’ but to positively flourish. By introducing key skills to help young people, and those who care for them, to work more skillfully with what comes their way, we observe real shifts in how they navigate the difficulties in life, as well as engaging more positively with the opportunities that arise.

Our charity is the most established provider of mindfulness training for schools, delivering world-leading curricula for classroom-based mindfulness. Our materials are based on rigorous research in clinical psychology and neuroscience, written by teachers for teachers, and used successfully in a wide range of educational contexts.

Over the past ten years we have established our reputation for providing the gold standard of mindfulness training and materials for the class room. We ensure that our schools can access the most professional, proven training programme which can be securely embedded so that young people truly benefit from what they are being taught.

We have built a network of thousands of trained teachers in the UK and beyond. We work closely with leading experts and academics, including the University of Oxford’s MYRIAD study.

MiSP also supports research and policy-making around mindfulness and education, and consulted on the Mindful Nation UK Report 2015, arising out of the Mindfulness All-Party Parliamentary Group.



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WHY MiSP?

What makes MiSP different?

MiSP achieved charitable status in 2016. We are now able to help children living in areas of high deprivation to access mindfulness by offering supported places on teacher training courses. These are offered to UK schools who have above average numbers of pupils receiving Free School Meals

MiSP is now raising funds as part of our A Million Minds Matter Appeal. The income we generate from training and events gets reinvested directly back into our work with schools.

Why not just use an app to learn mindfulness?

There are many excellent apps available to help support people when practising mindfulness in their own time. These offer a 'dipping your toes' approach to mindfulness, but do not offer the depth and integrity of face-to-face training - or the results.

Mindfulness is like swimming - you can read as many books about it as you like, but you only really learn from doing it.

For this reason, MiSP's Mindfulness **.begin** course takes place for 90 minutes once-a-week for eight weeks. This model has been well-researched and found to be most reliable in terms of key benefits and outcomes. Each session builds on the previous week's learning, and the momentum of consecutive weeks makes it easier to keep participants engaging in the practice of mindfulness itself. Learning in a group also allows for important discussions about the theory behind mindfulness and the development of experiential understanding of its real benefits in a safe and supported way.



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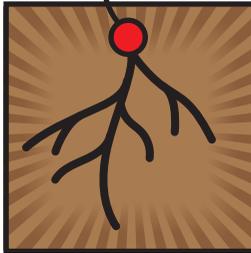
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THE BENEFITS OF MINDFULNESS FOR CHILDREN

FLOURISHING

Mindfulness can help children to achieve their potential and to **flourish**.



ANCHORING

Mindfulness can help children to feel **grounded**, safe and free to choose how they respond.

MENTAL HEALTH



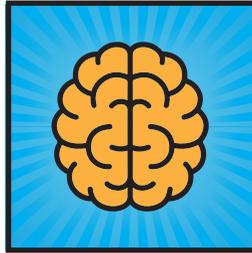
Depression
Low Mood
Stress
Anxiety
Wellbeing
Happiness
Resilience

BEHAVIOUR



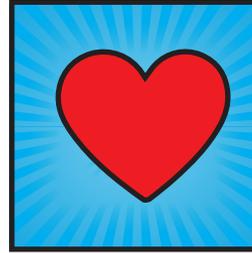
Self-Regulation
Impulse Delay
Oppositional Behaviour
Aggression
ADHD

LEARNING



Attention
Concentration
Planning
Memory
Attainment
Performance

PHYSICAL HEALTH



Heart Rate
Blood Pressure
Cortisol & Immunity
Eating Problems
Sleep Quality

SOCIAL & EMOTIONAL



Relationships
Self-Esteem
Optimism
Self-Regulation
Caring &
Compassion

... AND FOR STAFF

8-week mindfulness programmes have been shown to:

- Reduce teacher stress
- Improve regulation of stress
- Increase self-compassion
- Increase teaching efficacy

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WHAT TEACHERS, PUPILS & PARTICIPANTS SAY ...

The best thing about Paws b was that it helped you to stay calm and relaxed when you have a wobble.

Paws b pupil

I think it's incredibly refreshing and caring for them to be told that their mind is doing what it's supposed to do and what it was designed to do.

Paws b teacher

I found the course life-changing actually, a real gift to take forward in life.

.begin participant

The trainers were exceptional. It has been the best course I have ever attended in my nine years of teaching. Thoroughly enjoyable.

.b teacher

It's helped me so much with stress and learning to be kind. I have enjoyed it so much and I recommend it to anyone and everyone.

.b pupil

It is such a fantastic course! We are seeing the impact of teaching it for the last three years in the way our children can speak about their emotions, manage them and have the tools to help them focus.

.b teacher

I would genuinely recommend this course to anybody and everybody of all walks of life. It has enabled me to develop and build upon my own practice as well as introduce me to new techniques and fields of research.

.begin participant

I'm going through many hard family problems and Paws b helped me calm down.

Paws b pupil

I really enjoy teaching it and love to see the reactions on the pupils faces. The look of relief, calmness and the smiles are priceless. Helping with students' wellbeing in this way has been the most rewarding.

.b teacher

I loved the course and I learned so much. It has really added a wonderful element to my life.

.begin participant

Delivering Paws b into the special schools I work in has been amazing. Observing the students' attitude change over the course of weeks is very overt. Even when they see me in the corridor they are proud to say a part of the brain, or demonstrate a technique learned.

Paws b teacher

I think it is something everybody should do whatever positions held. It is a great tool to use from both a personal and work angle and I have already found it a great help.

.begin participant

The best part about doing .b was that it ended up helping me with my over thinking and my stressing out before exams.

.b pupil

I love this course, so much great learning takes place in sessions. Giving children the language and ability to talk about how they are feeling and recognise their emotions is great. Teacher tools for life.

Paws b teacher

There was a depth to the instruction that went beyond content. It was a privilege to be present and very inspiring.

.b teacher

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HOW TO BRING MINDFULNESS TO YOUR SCHOOL

1 FIND OUT MORE ABOUT MINDFULNESS

Attend one of our **Information Events or Webinars** to discover the basic principles behind mindfulness, the evidence of its potential benefits, and have an opportunity to try out some practices for yourself.

If you belong to a group of schools, such as an MAT, we can deliver a **bespoke Information Event** at your own venue if it will help.

Find out much more at www.mindfulnessinschools.org including research and details of our courses.

2 COMPLETE AN EIGHT-WEEK MINDFULNESS COURSE

Combining the convenience of a live online course with the intimacy of face-to-face delivery our **.begin course** introduces you to mindfulness through weekly live online group sessions led by a MiSP instructor.

3 CONTINUE YOUR PRACTICE

We ask that you **continue your practice** for a further few months after your eight-week course and before starting a **Teach** course. This is because we believe that teachers of mindfulness need to be able to model what they are teaching, and to understand and relate directly to experiences their students may be having.

As part of the **MiSP community** you will have access to expert guidance and support as you continue to practice mindfulness as part of your everyday life. For example, we run regular online **Sitting Groups** for those who have completed **.begin** and for **Hub** members.

4 APPLY FOR A TEACHING COURSE

Once you have developed a regular mindfulness practice you are ready to train to teach either **Paws b** (for 7-11 year olds) or **.b** (for 11 to 18 year olds). Our **Teach Paws b** and **Teach .b** courses consist of real-time lessons, explanations of the pedagogy, and time to practise guiding the exercises.

At the end of the course, participants will receive six-months free membership to **The Hub** - our exclusive teachers' network and all the materials needed to start teaching the lessons.

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WHERE TO START



Webinars

Our live webinars offer an opportunity to ask questions of a member of the Team about MiSP's work, and share ideas and experiences.

The free 45-minute Webinars will support those interested in finding out how to bring mindfulness to their school, and are followed by a 15 minute Q & A session.

The webinar will include:

- What mindfulness is and isn't
- The research evidence around potential benefits
- What it looks like in a school context
- The steps to bringing mindfulness to your school
- An opportunity to find out if .begin, our 8-week live online course is right for you.

Everyone is welcome to join – pupils, teachers, school staff and governors, health care professionals, parents ... anyone interested in mindfulness and young people.

Information Events

MiSP run Information Events throughout the country. These events are an opportunity to discover the basic principles behind mindfulness, the evidence of its potential benefits, and have an opportunity to try out some practices for yourself.

If you are belong to a group of schools, such as an MAT, we can deliver a bespoke Information Event at your own venue if it will help.

If your school is interested in hosting an information event for a group of schools locally contact enquiries@mindfulnessinschools.org to discuss.

Teach .breathe

An integral part of our one-day teach .breathe course is an introduction to mindfulness. Coupled with training in a four lesson mindfulness curriculum this course could be an ideal starting place for teachers who would like to bring mindfulness to their school.

www.mindfulnessinschools.org

You can also find out much more at our website www.mindfulnessinschools.org, including research, case studies, details of our courses and more about the Mindfulness in Schools Project charity.

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.breathe INTRODUCING MINDFULNESS

The .breathe Curriculum

.breathe is a four-session curriculum aimed at the school 'transition' years of ages 10-14.

.breathe explores ways in which mindfulness might support students through this often challenging period.

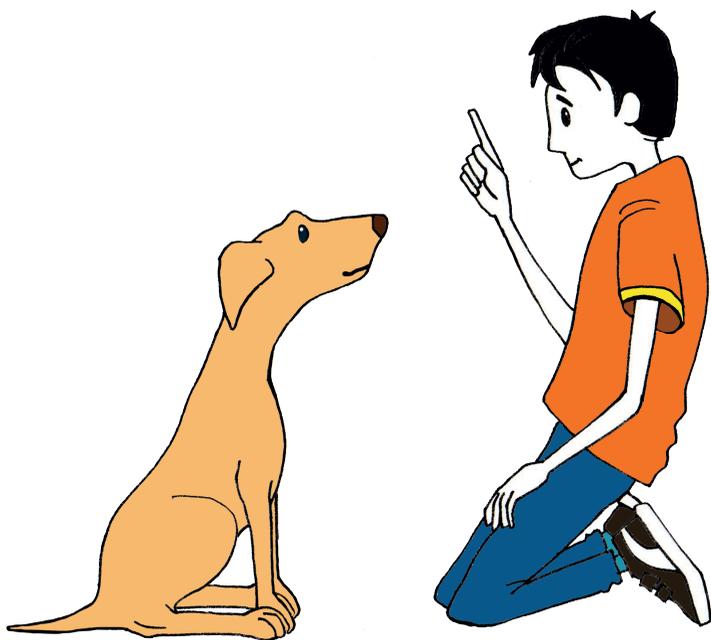
In particular, .breathe explores issues around:

- Attention
- Worry
- Sleep
- Relationships

Each .breathe session includes:

- Exploration of the function and structure of key areas of the brain involved in daily experience
- Introductory mindfulness practices
- Animations
- Discussions
- Exercises students can try in their own time

Sessions are designed to last between 40 minutes and one hour, to be delivered once a week for four weeks during the final year of primary school or the first year of secondary school.

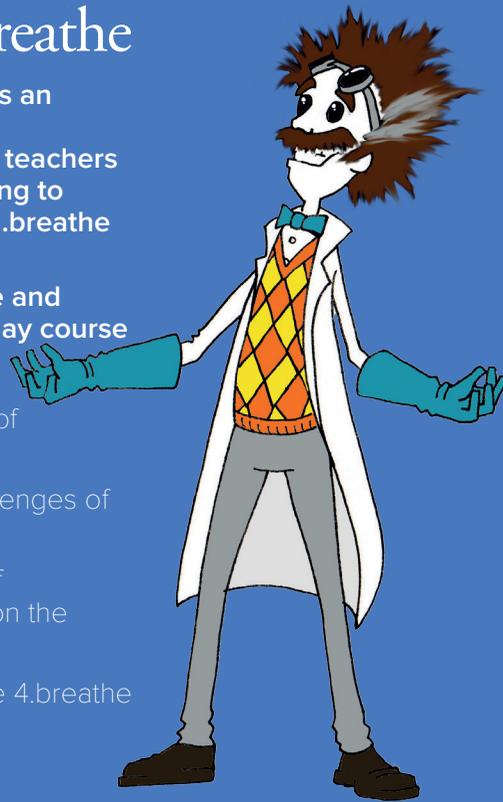


Teach .breathe

teach .breathe is an introduction to mindfulness for teachers alongside training to deliver the four .breathe lessons.

This informative and engaging one-day course includes:

- The science of mindfulness
- The key challenges of transition
- The impact of mindfulness on the whole school
- Delivering the 4.breathe lessons



Who is the teach .breathe course aimed at?

- Members of Senior Leadership Teams
- Staff with responsibility for Pastoral Care, Transition, Social and Emotional Learning
- Year 5, 6, 7 and 8 class teachers

It is not required that those training to teach .breathe have an existing mindfulness practice, but it is crucial that they are willing to engage in introductory mindfulness practices.

Experience of working or volunteering with groups of children aged 10-14 years of age is essential as Teach .breathe is not a course which teaches classroom teaching and management.

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What is .begin?

.begin combines the convenience of a live online course that you can complete in the comfort of your own home with the intimacy of live, face-to-face delivery. You will be introduced to mindfulness over eight weeks via live group sessions of approximately 90 minutes per week.

The course is delivered via video conferencing, allowing real-time interaction with your group whilst being led by a highly experienced MiSP instructor.

Why learn mindfulness as an educator?

The benefits of mindfulness for school staff have been well researched and include:

- a reduction in stress, burnout and anxiety
- a reduction in the sense of task and time pressure

If you are also interested in teaching mindfulness to your pupils, it is important that you first learn it for yourself. This enables you to directly experience the potential personal benefits of mindfulness. Those who complete the .begin course and continue to practise mindfulness on a regular basis can then qualify for further training to teach either our Paws b curriculum (for 7 – 11 year-olds) or our .b curriculum (for 11 – 18 year-olds).

How much does .begin cost?

A supported place on a **.begin** course will be automatically offered to all those working or volunteering regularly in a state-funded school in the UK, the cost is £150 + VAT per person.

If you work for a local education authority or charity you may also be eligible for a supported place on a **.begin** course.

Otherwise, the price is £195 + VAT per person

If you wish to discuss group training requirements please contact:

communications@mindfulnessinschools.org

I am new to mindfulness. Is this the right course for me?

Yes, **.begin** is intended for adults who have not previously taken part in an 8-week secular mindfulness training course and is taught by skilled practitioners who are hugely experienced in mindfulness and its many benefits through their own practice and training.

Having said this, now may not be the right time for you if you are currently receiving treatment for anxiety and/or depression or have recently experienced trauma, bereavement or similar life events. If you have any questions about this, please feel free to contact us.

Will the technology work for me?

You need a reasonable broadband internet connection and a device with a webcam and microphone (which are built into almost all laptops nowadays). The platform we use is called Zoom, so for precise technical requirements please visit <https://zoom.us/>. As general guidance, if Skype or Facetime work on your computer or phone then you should be fine.

What is the time commitment?

After a 30-45 minute orientation, .begin takes the form of 8 weekly sessions of approximately 90 minutes. There will also be home practice of around 20 minutes per day.

What are the prerequisites?

Applicants must:

- Either work or volunteer in a school or work/volunteer within an educational setting on a regular basis. Please note School governors and those who volunteer regularly in a school (including parent volunteers) are also eligible to apply.
- Understand that .begin does not involve training to teach mindfulness to young people or adults. It is an introduction to mindfulness for the purpose of supporting participants in terms of their own understanding of mindfulness and general wellbeing.



MINDFULNESS FOR 7-11 YEAR-OLDS

The Paws b Curriculum

Paws b [pause & be] is a leading mindfulness curriculum for children aged 7-11 in schools.

The lessons are flexible and varied and can be taught as six, one hour lessons, or twelve 30 minute lessons.

Students are encouraged to apply their **Paws b** learning to other aspects of the school curriculum such as music, sport, art, drama, queuing to come into the classroom, and even school and residential trips.

What makes Paws b distinctive?

Paws b was carefully crafted by classroom teachers and mindfulness experts to engage young children. It is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching.

What are Paws b's objectives?

The aim of **Paws b** is to give students mindfulness as a life skill. Students use it:

- to feel happier, calmer and more fulfilled
- to get on better with others
- to help them concentrate and learn better
- to help cope with stress and anxiety
- to support performance such as music and sport.



Teach Paws b

Teach Paws b is a 3-day training course which prepares participants to teach the **Paws b** curriculum to 7-11-year-olds in schools or other educational or youth-related organisations.



Participants who have attended an approved 8-week introduction to mindfulness course, and meet other course prerequisites, will be taught the lessons in 'real time' with opportunities to discuss the pedagogy of each lesson and how it can best be taught to a group of young people in different settings. There will also be opportunities to work with other participants guiding them, and being guided by them, in the main mindfulness practices from the lessons.

What will I get?

At the end of the course, participants will receive 6-months' free membership to the MiSP teachers' **Hub** and all the materials needed to start teaching the lessons: Student Booklet, "How to teach Paws b" booklet, Teacher's Notes on each lesson, PowerPoint slideshow of each lesson, animations and much more.

Do I meet the Teach Paws b course prerequisites?

Teachers of mindfulness need to be able to model what they are teaching, and to understand and relate directly and empathically from a solid base in their own practices to experiences their students may be having.

Therefore you will need to complete an eight-week secular mindfulness course (such as **.begin**) and further personal mindfulness practice before the start of the **Teach Paws b** training.

Do you offer free places on courses?

MiSP is offering supported places on our UK teacher training courses - **Teach .b**, **Teach Paws b** and **School Mindfulness Lead** - to UK schools who have above average numbers of pupils receiving Free School Meals.

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MINDFULNESS FOR 11-18 YEAR-OLDS

The .b Curriculum

.b, pronounced [dot-be], is the UK's leading mindfulness curriculum for 11-18 year olds in schools.

.b stands for 'stop and be', a simple practice at the heart of this ten lesson course.

Each **.b** lesson (between 40 minutes and 1 hour) is expertly crafted for use in the classroom to teach a distinct mindfulness skill.

The **.b** materials are designed to engage even the most sceptical of young minds.

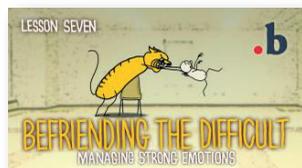
What makes .b distinctive?

.b was carefully crafted by classroom teachers to engage everyone, including the most cynical of teenage student audiences. It is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching.

What are .b's objectives?

The aim of **.b** is to give students mindfulness as a life skill. Students use it:

- to feel happier, calmer and more fulfilled
- to get on better with others
- to help them concentrate and learn better
- to help cope with stress and anxiety
- to support performance such as music and sport.



Teach .b

Teach .b is a four-day training course which prepares participants to teach the ten-lesson **.b** curriculum to 11-18-year-olds in schools, or other educational or youth-related organisations.



Participants who have attended an approved 8-week introduction to mindfulness course, and meet other course prerequisites, will be taught the lessons in 'real time' with opportunities to discuss the pedagogy of each lesson and how it can best be taught to a group of young people in different settings.

There will also be opportunities to work with other participants guiding them, and being guided by them, in the main mindfulness practices from the lessons.

What will I get?

At the end of the course, participants will receive 6-months free membership to the teachers' **Hub** and all the materials needed to start teaching the lessons: Student Booklet, "How to teach **.b**" booklet, Teacher's Notes on each lesson, PowerPoint slideshow of each lesson, Animations and much more.

Do I meet the .b course prerequisites?

Teachers of mindfulness need to be able to model what they are teaching, and to understand and relate directly and empathically from a solid base in their own practice to experiences their students may be having.

Therefore you will need to complete an eight-week secular mindfulness course (such as **.begin**) and another four months of mindfulness practice before the start of the **Teach .b** training.

Do you offer free places on courses?

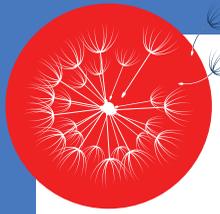
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OUR COURSES AT A GLANCE



teach .breathe

Length: **1 day**

Price: **£195^{+VAT}**

teach .breathe is an introduction to mindfulness for teachers alongside training to deliver the four **.breathe** lessons. This informative and engaging one-day course includes: The science of mindfulness; the key challenges of transition; the impact of mindfulness on the whole school; and delivering the **4.breathe** lessons.



.begin

Length: **8 x 90min sessions**

Price: **£195^{+VAT}**

Combining the convenience of a live online course with the intimacy of face-to-face delivery our **.begin** course introduces you to mindfulness through weekly live online group sessions led by a MiSP instructor.



Teach Paws b

Length: **3 days**

Price: **£515^{+VAT}**

Teach Paws b prepares participants to teach the **Paws b** curriculum to 7-11-year-olds in schools or other educational or youth-related organisations. The course consists of real-time lessons, pedagogy sessions, discussion groups and opportunities to practise guiding the **Paws b** exercises with each other.



Teach .b

Length: **4 days**

Price: **£690^{+VAT}**

Teach .b prepares participants to teach the ten-lesson **.b** curriculum to 11-18-year-olds in schools, or other educational or youth-related organisations. The course consists of real-time lessons, pedagogy sessions, discussion groups and opportunities to practise guiding the **.b** exercises with each other.



School Mindfulness Lead

Length: **6 days residential**

Price: **£1,155^{+VAT}**

School Mindfulness Lead develops the skills needed to lead a sustainable approach to mindfulness in schools. You will learn to train to teach **.b Foundations**, a schools-based adult mindfulness curriculum, and how to develop sustainable systems of support for students and adults practising mindfulness in your school.



Teach .b Foundations

Length: **3 days**

Price: **£515^{+VAT}**

Teach .b Foundations is a 3-day course designed for adult mindfulness teachers to learn to deliver **.b Foundations** to adults in schools. Offering a fresh take on the traditional eight-week MBSR/CT curriculum and approach we aim to make mindfulness as accessible and effective as possible for adults in school settings.

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.begin  .b .b breathe 

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Bringing mindfulness to young people and those who care for them since 2007



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