

# 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 backgrounds. 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 through a variety of activities, including breathing exercises, guided meditation, and mindful movement. Mindfulness can also be used to help children manage stress and anxiety. Mindfulness is a powerful tool for helping children become more resilient and emotionally intelligent.