

**MINDFULNESS:**  
CHANGING THE WEATHER IN  
THE STAFFROOM AND THE  
CLASSROOM

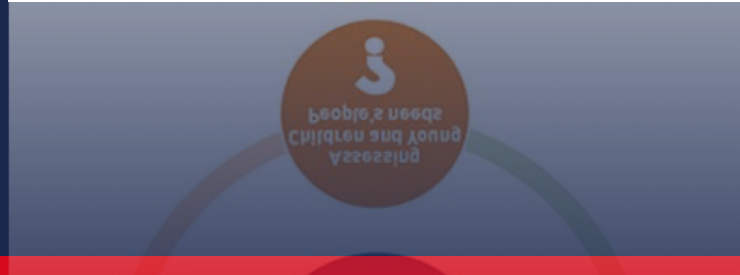
BEN CHALWIN



TO BRING MINDFULNESS TO  
YOUNG PEOPLE AND THOSE WHO  
CARE FOR THEM.







**MiSP**  
MINDFULNESS IN SCHOOLS PROJECT



MiSP  
MINDFULNESS IN SCHOOLS PROJECT

Teacher Voices

5,000 TEACHERS TRAINED

450,000 STUDENTS REACHED





## MINDFUL NATION UK

Report by the Mindfulness All-Party  
Parliamentary Group (MAPPG)

October 2015

# MYRIAD

Mindfulness and Resilience in Adolescence

**wellcome**trust

**KING'S**  
*College*  
**LONDON**

UNIVERSITY OF  
**EXETER**

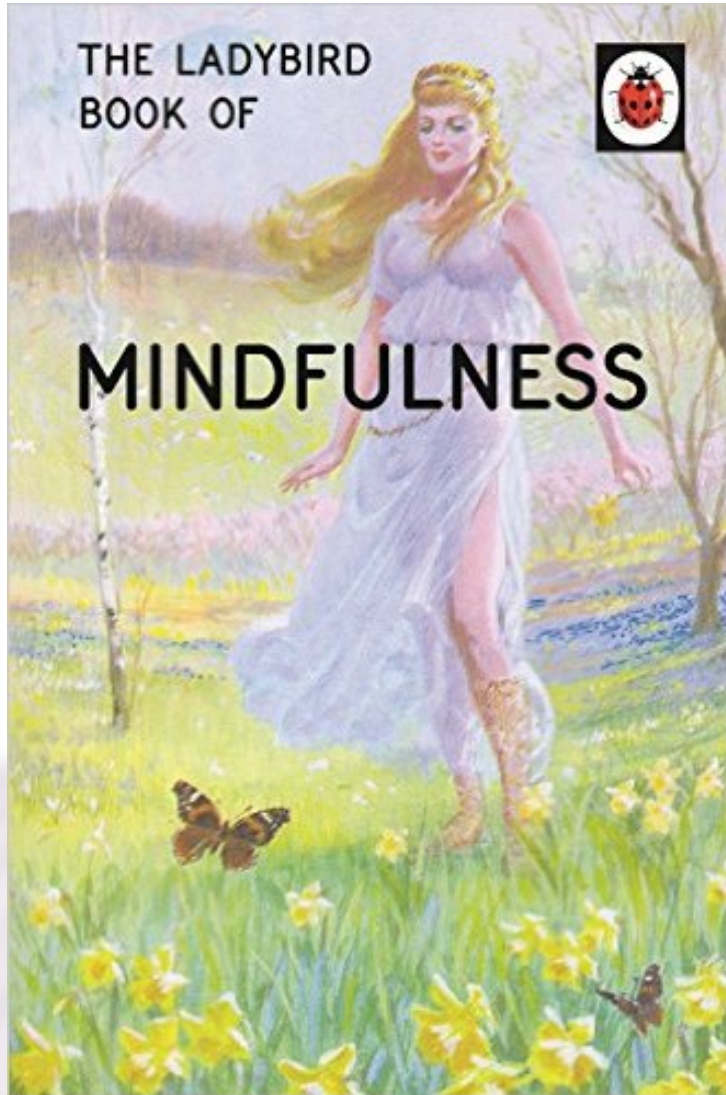
**MRC** | Cognition and  
Brain Sciences Unit



THE LADYBIRD  
BOOK OF



# MINDFULNESS

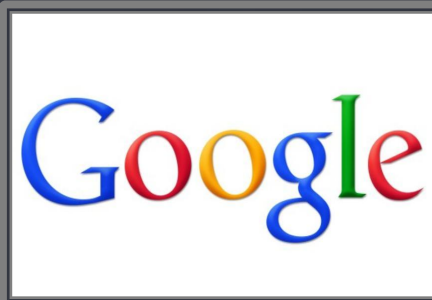


Alison has been staring at this beautiful tree for five hours.

She was meant to be in the office. Tomorrow she will be fired.

In this way, mindfulness will have solved her work-related stress.





M I N D F U L N E S S

F R U I S D N

L S N E M P A

JON KABAT-ZINN

Bestselling author of *Wherever You Go, There You Are*  
and *Coming To Our Senses*

# FULL CATASTR LIVING

How to cope with stre  
pain and illness using  
mindfulness meditatio

WI  
Th  
Mindf

JON  
Bestsel

INCLUDES FREE CD OF GUIDED MEDITATIONS

# Mindfulness

a practical guide to  
**FINDING PEACE IN A  
FRANTIC WORLD**



"If you want to free yourself from  
anxiety and stress, then read this book"  
RUBY WAX

The  
life-changing  
bestseller

and **MARK WILLIAMS  
DANNY PENMAN**

Foreword by Jon Kabat-Zinn

325,000 in print. A proven program from leading scientists.  
Includes a CD of guided meditations by Jon Kabat-Zinn

# The Mindful Way through Depression

FREEING YOURSELF  
FROM CHRONIC  
UNHAPPINESS



Mark Williams, John Teasdale,  
Zindel Segal, and Jon Kabat-Zinn



WHAT IS  
MINDFULNESS?

# What is Mindfulness?

**Mindfulness involves paying attention...**

**on purpose**

**in the present moment**

**with curiosity and kindness**

**...to things as they are**

# THINKING

# SENSING



***'As far as we know, only humans worry about the future, regret the past and blame ourselves for the present.'* Rick Hanson**

**“ ‘Neurons that fire together  
wire together’ ”**

Donald Hebb, 1949

Mental activity actually creates new neural structures in the brain, so where we place our attention can change the structure of the brain!

# 8 weeks of adult mindfulness practice...

- Thickens the cerebral cortex in areas associated with **attention and emotional integration**.
- Increases grey-matter density in the hippocampus, important for **learning and memory**
- Affects structures associated with **self-awareness, compassion and introspection**.
- Decreases grey-matter density in the amygdala, associated with **anxiety, vigilance circuits, stress**

# What Mindfulness *isn't*

- ✘ A breathing exercise
- ✘ A relaxation technique
- ✘ A quick-fix /a cure for everything
- ✘ Something you ask anybody to teach
- ✘ Something you can pick up off a shelf
- ✘ PSHE
- ✘ Something you need to do looking like this.....







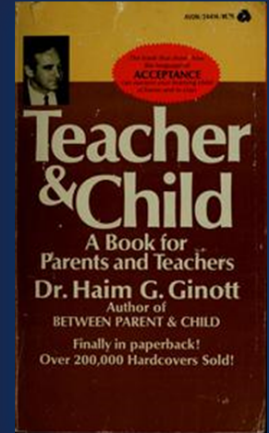
# WHY SHOULD MINDFULNESS BE TAUGHT IN SCHOOLS?



“ I’ve come to a frightening conclusion that I’m the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous.....”

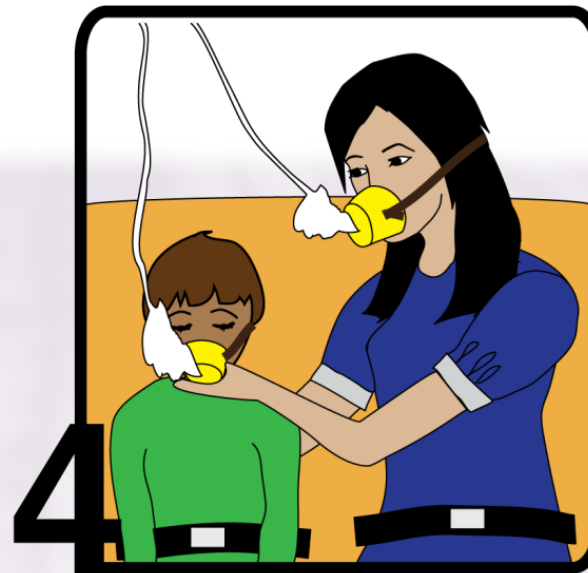
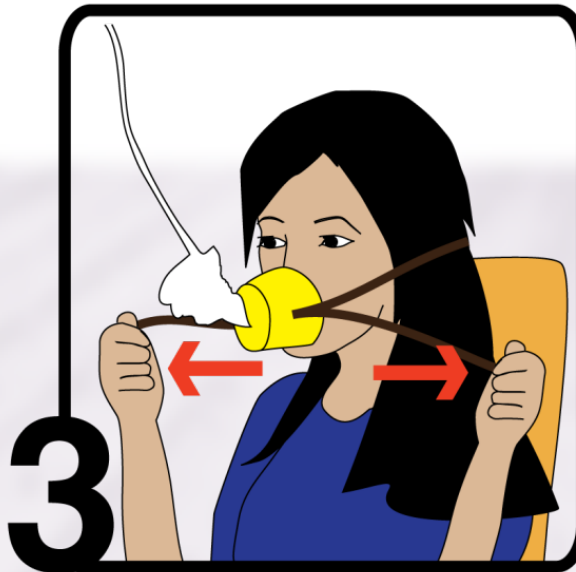
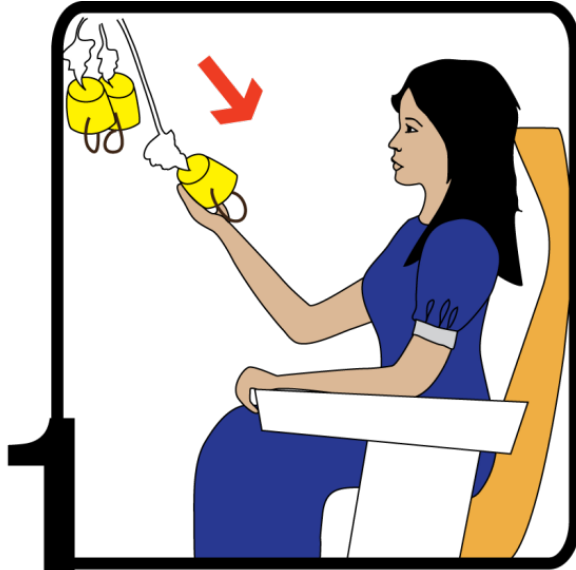


“ .....I can be a tool of torture or an instrument of inspiration. I can humiliate or humour, hurt or heal. In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or de-humanized. ”



*Teacher & Child*  
by Dr. Haim G. Ginott

BE MINDFUL



1

# 8-week course in Mindfulness

MBCT

MBSR

  
breath works

  
FOUNDATIONS  
b

  
begin

UK Network for  
Mindfulness-Based Teacher Training Organisations

*setting standards for mindfulness-based teaching*

**Weare, K. (2014).**

*'Evidence for Mindfulness: Impacts on the Wellbeing and Performance'*

## **13 studies in peer reviewed journals**

**Wellbeing**

**Mindfulness**

**Self-compassion**

**Sustained attention**

**Emotional regulation**

**Teaching efficacy**

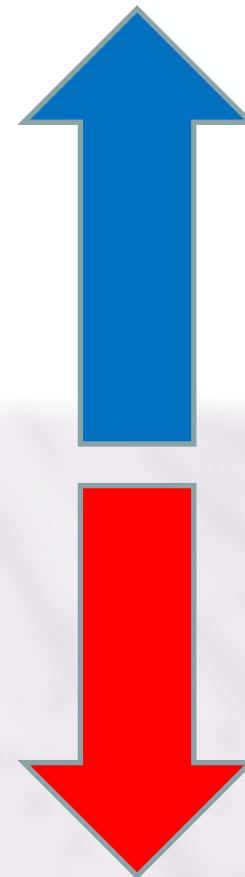
**Stress**

**Anxiety & depression**

**Demotivation**

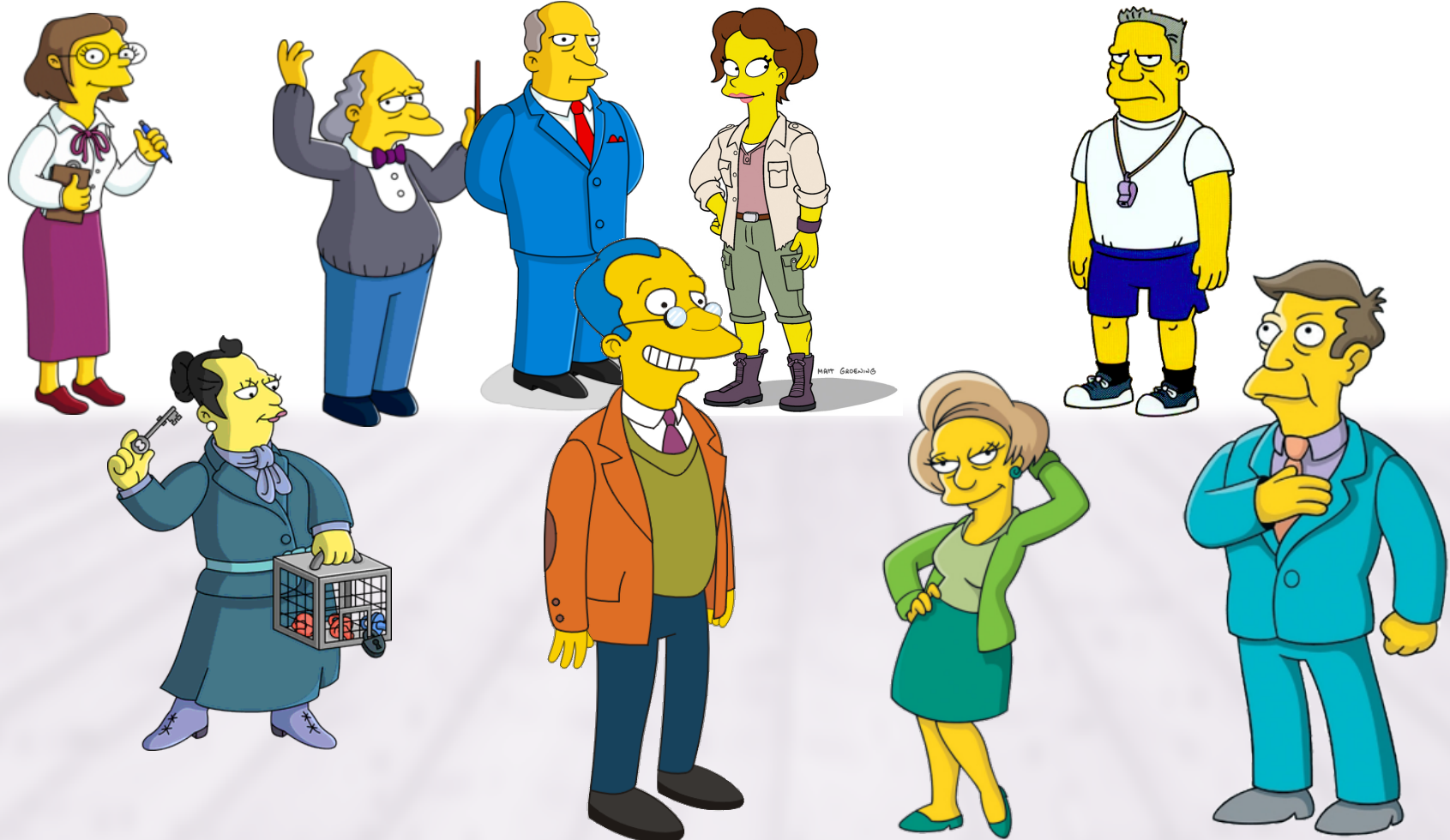
**Time-urgency**

**Burnout symptoms**



**TEACH MINDFULLY**





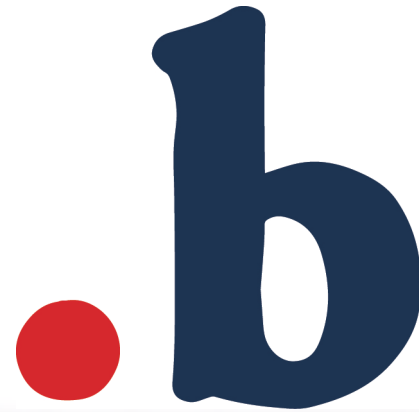
**TEACH MINDFULNESS**

**2** 2-3 months daily practice

**3** Train to teach the children



**7-11 year-olds**  
**3-day training course**



**11-18 year-olds**  
**4-day training course**



...why do I care? Universal



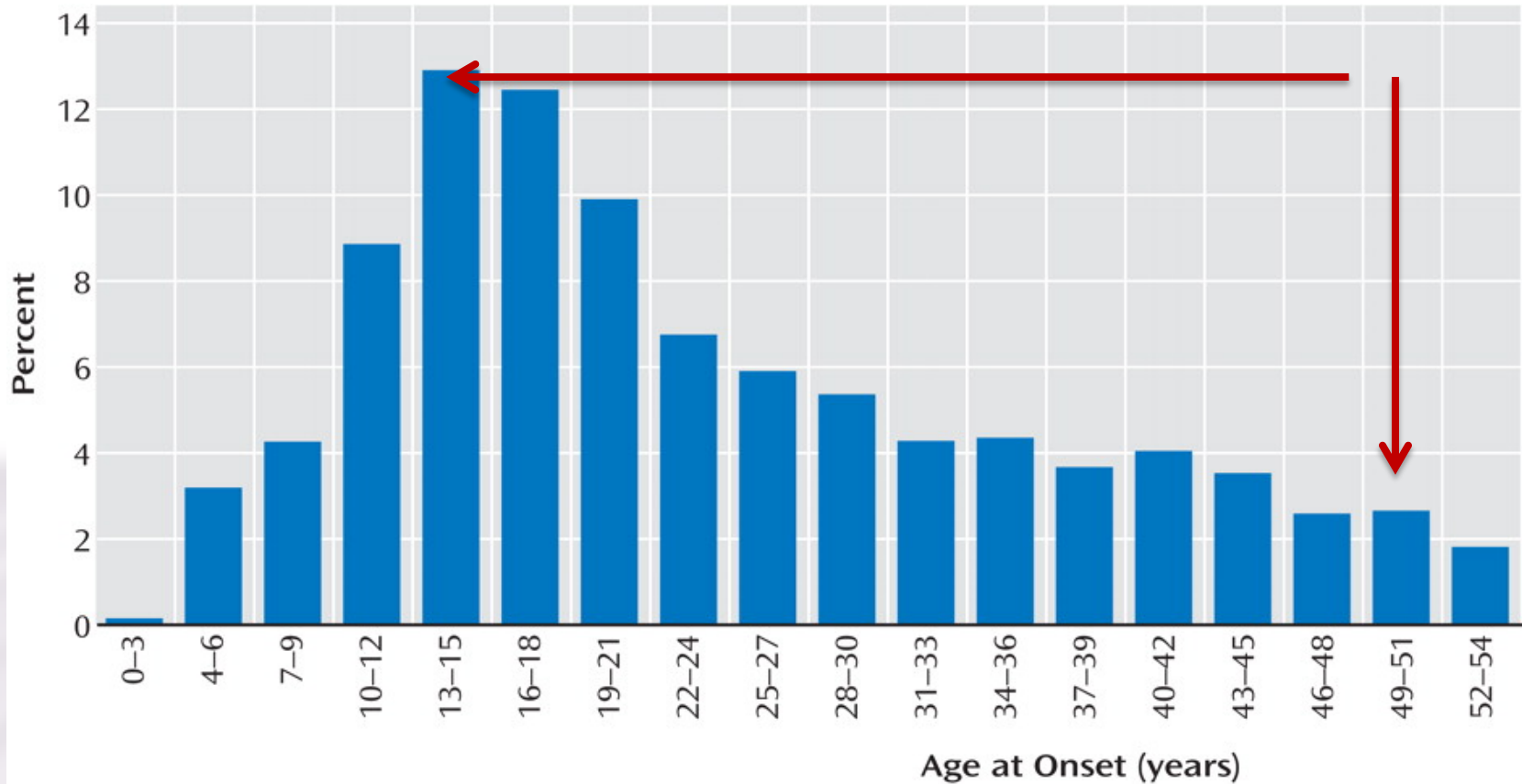


# Age of Onset of Major Depression

(N=4041; Zisook, 2007, American Journal of Psychiatry)

2007

1967



ATTAINMENT



MENTAL HEALTH

**“THE FLOURISHING OF  
YOUNG MINDS”**

# THE MINDFULNESS TOOLKIT

**Self-esteem**

**Emotional self-regulation**

**Metacognition**

**Compassion  
– for self and  
others**

**Coping with  
stress/  
resilience**

**Sense of  
wellbeing**

**Concentration**







**Ages 7 – 11 years**

Lesson One  
**b** Our Amazing Brain

Let's explore our amazing brain!



© Mindfulness in Schools Project 2014

Lesson Two  
**b** Making Choices

Being aware of the choices we make



© Mindfulness in Schools Project 2014

Lesson Three  
**b** Puppy Training

Playing with our attention



© Mindfulness in Schools Project 2014

Lesson Four  
**b** Everyday Mindfulness

Choosing to be present



Lesson Five  
**b** Noticing The Wobble

What happens when we wobble?



© Mindfulness in Schools Project 2014

Lesson Six  
**b** Finding A Steady Place

Grounding ourselves when we wobble



© Mindfulness in Schools Project 2014

Lesson Seven  
**b** Working With Difficulty

Getting to know your amygdala



Lesson Eight  
**b** Choosing Your Path

React or Respond?



Lesson Nine  
**b** The Storytelling Mind

Recognising the power of thoughts



Lesson Ten  
**b** Stepping Back

Seeing thoughts clearly



Lesson Eleven  
**b** Growing Happiness

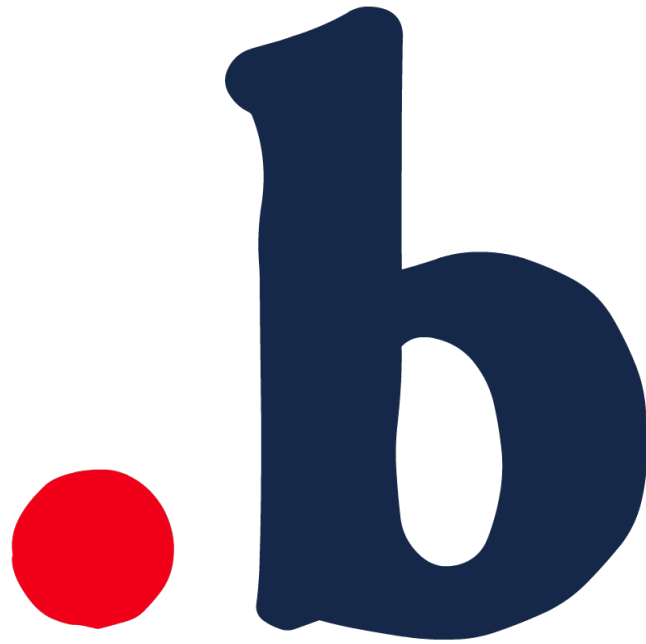
Choosing to nurture ourselves and others



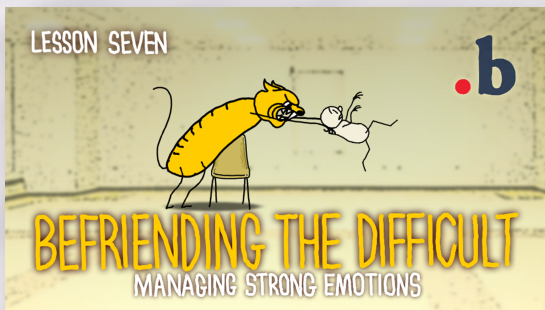
Lesson Twelve  
**b** The Yum Factor

Noticing the good stuff





**Ages 11 – 18 years**





.b<sup>2</sup>



## OPENING THE ENVELOPE

PRACTICE AND POSSIBILITIES

.b<sup>2</sup>



## REWIRING THE BRAIN

KNOWING WHAT TO DO WHEN  
YOUR BUTTONS ARE PRESSED

.b<sup>2</sup>



## YOU AND YOUR DEVICE

MAKING SKILFUL CHOICES AROUND TECHNOLOGY

.b<sup>2</sup>



## BECOMING UNSTUCK

TAKING CARE OF YOURSELF AND OTHERS

A stylized illustration of a computer monitor with a thick black frame and a black base. The screen is white and displays the MISp logo. The logo consists of the letters 'MISp' in a large, dark blue, rounded, sans-serif font. Below the letters, the text 'MINDFULNESS IN SCHOOLS PROJECT' is written in a smaller, dark blue, all-caps, sans-serif font. At the bottom of the screen, the website address 'WWW.MINDFULNESSINSCHOOLS.ORG' is displayed in an even smaller, dark blue, all-caps, sans-serif font.

**MISp**

MINDFULNESS IN SCHOOLS PROJECT

[WWW.MINDFULNESSINSCHOOLS.ORG](http://WWW.MINDFULNESSINSCHOOLS.ORG)





**LESSON ONE**

# **Puppy Training**

 **breathe**

**Ages 10 – 13 years**



MISP  
hub

information • advice • networking

## Slideshows with embedded video (version 10)

Introduction - Slideshow



Lesson 1 - Slideshow

For PC

For Mac

## Publicity Material

2 Sided Flyer

Download

'Why Introduce Mindfulness' Flyer

Download

## Extra Resources

Letter to Parents & Carers

Download

History of Mindfulness & .b

Download

Leading a practice

Download

Student .b Certificate 1

Download

Student .b Certificate 2

Download

Student .b Certificate (P

Download

.b Stickers Template

Download

## Posters

Lesson Posters

Download

Lesson Summary Posters

Download

.b Poster Grey Background

Download

.b Poster Purple Background

Download

How to Teach .b

Introduction - Teacher Notes

use in lessons 1-8)

use should be accessed via [www.dotbe.org](http://www.dotbe.org)

Lesson 2 - Animation (Part 1)

For PC

For Mac

Lesson 3 - Animation

Lesson 7 - Animation

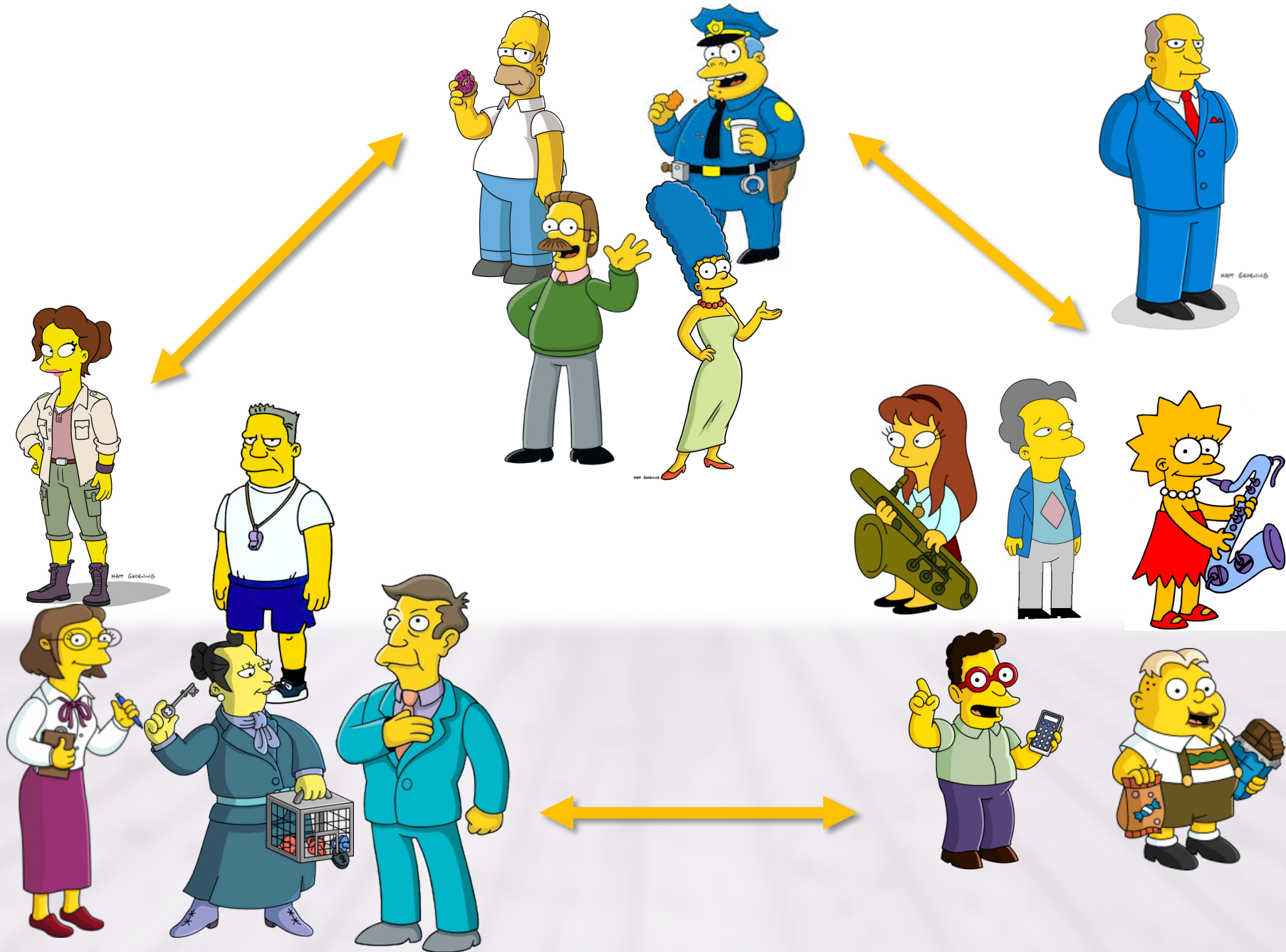
For PC

For Mac

Lesson 8 - Animation

For PC

For Mac





# .begin

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- For those working in Education
- For Parents and Carers
- 8-week course
- Live online 90 minute sessions



A Million  
Minds Matter





A computer monitor with a black frame and a black stand. The screen is white and displays the MISp logo and text. The logo consists of the letters 'MiSP' in a dark blue, rounded font, with a red dot above the 'i'. Below the logo, the text 'MINDFULNESS IN SCHOOLS PROJECT' is written in a smaller, dark blue, sans-serif font. At the bottom of the screen, the text 'Student Voices' is written in a dark blue, serif font.

**MiSP**  
MINDFULNESS IN SCHOOLS PROJECT

**Student Voices**



**MiSP**

MINDFULNESS IN SCHOOLS PROJECT

[WWW.MINDFULNESSINSCHOOLS.ORG](http://WWW.MINDFULNESSINSCHOOLS.ORG)

[enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org)