

# Mindfulness

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Mind Full, or Mindful?

## What is Mindfulness?

Mindfulness is a state of non-judgemental awareness of what's happening in the present moment, including awareness of one's own thoughts, feelings and senses. Individuals will be taught various techniques to become more mindful.

## Who is this for?

All children and young people 7 years+

## How will mindfulness help?

Mindfulness has been shown to improve health and wellbeing. It helps individuals to learn more effectively, think more clearly, perform better and feel calmer, less anxious and less depressed.

## What will this involve?

- 6 weekly 1-hour group sessions (primary) or 10 weekly 1-hour sessions (secondary).
- Workshop for parents and school staff.
- Target setting and review.

**Mindfulness - Primary:** 6 sessions – 8 hours 30 minutes

Secondary: 10 sessions – 12 hours 30 minutes