

Welcome

Rhyl

Mindfulness Afternoon

1-4pm



Mindfulness Afternoon Agenda

- 1.00 Arrive, lunch, tea, coffee etc
Introductions
- 1.20 Presentation: Mindfulness
- 1.55 Break
- 2.00 Reception Mindfulness lesson – Week 2
- 2.20 Year 5 Mindfulness lesson – overview
- 2.30 Mindfulness Taster
- 3.05 Visit from KS2 children
- 3.10 Mindful Colouring
- 3.20 Discussion Q & A
- 4.00 End



Mindfulness

- *About me*
- *What is Mindfulness?*
- *History of Mindfulness*
- *Why Mindfulness in Education?*
- *Research & Neuroscience*
- *Mindfulness at Rhyl Primary School*

Alison David

- Counsellor, Families & Parenting, EFT Practitioner, Mindfulness Teacher
- Currently freelance and work p/t at Rhyl Primary School as Family Support Worker and Wellbeing Lead.
- How Mindfulness helped me

Overview of Mindfulness

Historical Context

- Origins in Buddhist practice from Asian tradition

Contemporary Context

- Secular mindfulness in the West – how it started
- Importance of neuroscience research – growth
2005 > 100 papers, 2013 > 1500 papers
- Contemporary psychology – MBSR, MBCT, ACT
- In Society – healthcare, business, sports, education, prisons
government etc

What is mindfulness?

- Jon Kabat-Zin:
“Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally.”
- What are we paying attention to?
- To anything happening in our inner & outer experience

Why is that useful??

- *We all experience:*
- *Our emotions making us feel we are out of control*
- *Saying or doing something we immediately regret /wish we could take back*
- *Not enough present moment awareness...*
- *Empowering for adults and children alike*

Why are we doing what we do??

- To connect and make a difference to other people's lives
- Can we connect with this on a daily basis?
- When we wake up in the morning...
- Low grade stress:
Manifests = low grade anxiety, low grade fight/flight
- Stress, depletion, low grade anxiety is 'new norm' in schools & institutional environments
- Can only connect when we're present and therefore available

Benefits of mindfulness

- 30 + years of research
 - Key areas:
 - Improves attention
 - Impulse control/emotional stability
- This is helpful for all of us...

The Prefrontal Cortex

Prefrontal Cortex

High level functions including:

- Intention to pay attention
- Emotional Balance and Regulation
- Body Regulation
- Making choices

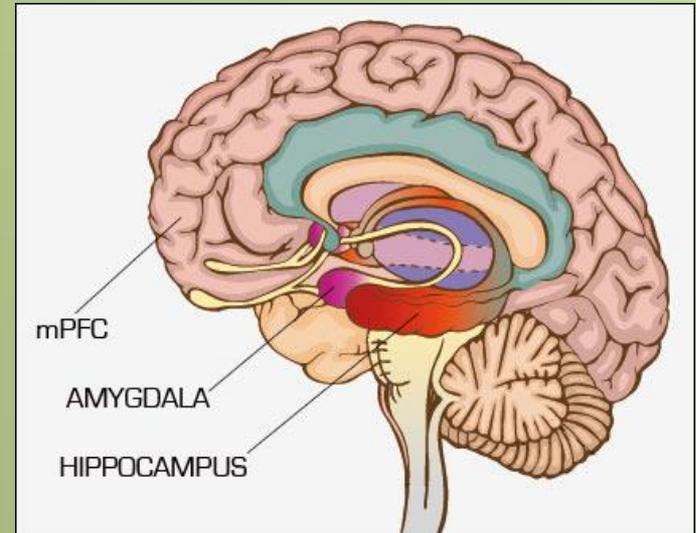
Amygdala

- Emotional centre: Fight Flight Freeze

Hippocampus

- Responsible for memory

(Stress inhibits: Storing information, recalling information)



Mindfulness at Rhyl 2014-2017

- Mindfulness with children Yr 6&5 (Sep 2014) [paws.b](#)
- Weekly Lunchtime Mindfulness Sessions for staff (Mar 2015)
- Mindfulness with children Yr 3,4 & 5 (Sep 2015)
[Mindful Schools](#)
- 6 week Mindfulness Course for parents (90 mins) (April 2016)
- Weekly Mindful Lunchtime Colouring Club for children (Sep 2016)
- 6 week Mindfulness Course for staff (Oct 2016)
- All of KS2 taught Mindfulness (Dec 2016)
- Follow on Drop-In Mindfulness sessions for staff (Jan 2017)
- Mindfulness started with EYFS & KS1 (March 2017)

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Mindfulness Taster Session

Facets of Mindfulness Practice

- Cultivating concentration/focus
- Kindness – kind attention
- Non-judgemental attitude
- Developing ‘Beginner’s Mind’
- Noticing when we are distracted
- Patience
- Allowing & Letting Be. Not trying to change or manipulate experience
- Practice – takes time
- Willingness to begin over and over

Mindfulness is not

- Trying to get to a special state
- Trying to get certain experiences
- Not about controlling your mind
- Not about clearing your mind
- Not passive
- Not about not thinking

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Discussion

Q & A

Example of curriculum - children

Mindful Schools:

- Week One: Introduction - Mindful Bodies & Mindful Listening
- Week Two: Mindfulness of Breathing Part 1
- Week Three: Social skills: Sending Kind Thoughts
- Week Four: Mindful of bodies - Body Awareness
- Week Five: Mindfulness of Breathing Part 2
- Week Six: Social skills: Generosity
- Week Seven: Mindful of thoughts
- Week Eight: Mindful Seeing
- Week Nine: Social skills: Kind and Caring on the Playground
- Week Ten: Mindful of emotions
- Week Eleven: Mindful Movement
- Week Twelve: Social skills: Gratitude
- Week Thirteen: Mindful Walking
- Week Fourteen: Mindful Eating
- Week Fifteen: How to integrate Mindfulness in life

Example of curriculum – children

paws.b

- **Lesson One:** Our Amazing Brain – Let's explore our amazing brain!
- **Lesson Two:** Puppy Training – Learning to be in the present moment
- **Lesson Three:** Finding a Steady Place – Grounding ourselves when we wobble
- **Lesson Four:** Dealing with Difficulty – Managing your amygdale
- **Lesson Five:** The Storytelling Mind – Recognising the power of thoughts
- **Lesson Six:** Growing Happiness – Choosing to nurture ourselves and others

Mindfulness for Adults

- Taster/introduction sessions available e.g. INSET/PDMs/Head Teachers/Parents
- 2 courses available: Introduction to Mindfulness & 'Finding Peace in a Frantic World'
- 1-2 hour sessions (usually over 6-8 weeks but can be adapted to need & requirements)
- Experiential
- Introduces individuals to mindfulness
- Helps develop and sustain a mindfulness practice and to integrate mindfulness into daily life.
- Teaches development of a focused and embodied attention, self awareness, emotional intelligence, and greater sense of ease and well being. A variety of mindfulness meditations and practical ways to integrate mindfulness into daily activities at work, home and life.

The course includes:

- Training in meditation, developing awareness of breath, body, feelings and thoughts.
- Managing stress and anxiety and learning how to shift from reaction to response.
- Recognising and letting go of unhelpful habitual thoughts and mind states.
- Exploring, understanding and working with a range of emotional experience.
- Working with understanding and enhancing wellbeing

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Thank you for coming