



# 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

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# 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, bringing mindful awareness into everyday life. These practices help us develop an inner resource to deal with everyday worries and stress, but 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 wary! 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.

Having taken 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 tends to wander 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!

## BENEFITS OF MINDFULNESS FOR CHILDREN ...

### FLOURISHING

Mindfulness can help young people to achieve their potential and to flourish.



### ANCHORING

Mindfulness can help young people to feel grounded, safe and free to choose how they respond.



### MENTAL HEALTH

Mindfulness can help with; depression, low mood, stress, anxiety, wellbeing, happiness, and resilience.



### BEHAVIOUR

Mindfulness can help with; self-regulation, impulse delay, oppositional behaviour, aggression, and ADHD.



### LEARNING

Mindfulness can help with; attention, concentration, planning, memory, attainment, performance.



### PHYSICAL HEALTH

Mindfulness can help with; heart rate, blood pressure, cortisol & immunity, eating problems, and sleep quality.



### SOCIAL & EMOTIONAL

Mindfulness can help with; relationships, self-esteem, optimism, self-regulation, and caring & compassion.



## AND FOR STAFF ...

**8-week mindfulness programmes have been shown to:**

- Reduce teacher burnout
- 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 position they hold. 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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# 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 and youth-based 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, tried and tested training programme which can then 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 many of whom 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, consulting on the Mindful Nation UK Report 2015, which arose out of the Mindfulness All-Party Parliamentary Group.**



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## 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, or ongoing support for practice having first been taught the mindfulness theory and skills by a well-trained teacher. However, apps 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 **.begin** course, an introduction to mindfulness for staff wellbeing, 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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# HOW TO BRING MINDFULNESS TO YOUR SCHOOL

## 1 FIND OUT MORE ABOUT MINDFULNESS

Attend one of our **Information 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.

Our **Wellbeing Workshops** explore the science behind stress and provide a brief introduction to mindfulness and some basic practices whilst **Teach .breathe** offers an introduction to mindfulness for teachers alongside training to deliver the four **.breathe** lessons which explore ways in which mindfulness might support students.

Find out much more at [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org) including research, case studies, news, community events 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 **dots** (for 3-6 year olds), **Paws b** (for 7-11 year olds) or **.b** (for 11 to 18 year olds). Our **Teach dots**, **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.

## 5 ONGOING LEARNING AND DEVELOPMENT OF SKILLS

We run regular events, workshops and conferences, all free to **Hub** members, to support you in your own mindfulness practice, develop your skills at teaching mindfulness to children and young people, and to help you embed mindfulness as a whole-school approach. We look forward to welcoming you as part of our community.

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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.

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

## 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 introduce some basic mindfulness to their school.

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 four .breathe lessons

## Wellbeing Workshops

While exploring the evolutionary basis of, and scientific evidence relating to, stress, **MiSP Wellbeing Workshops** provide a brief introduction to what mindfulness is and isn't, the theoretical framework underpinning it, and some basic practices which can support education professionals in their personal and professional lives.

The Workshop aims to:

- Acknowledge the causes of stress within schools.
- Explore the science of stress and how the mind works in stressful situations.
- Understand how mindfulness reduces stress and increases wellbeing.
- Learn practical tools for managing and reducing stress.
- Develop mindfulness-based strategies to improve and support wellbeing in schools.

[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

You can also find out much more at our website [www.mindfulnessinschools.org](http://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 A MINDFULNESS TASTER

## The .breathe Curriculum

.breathe is a four-session curriculum aimed at the school 'transition' years of ages 9-14.

.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 30 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:

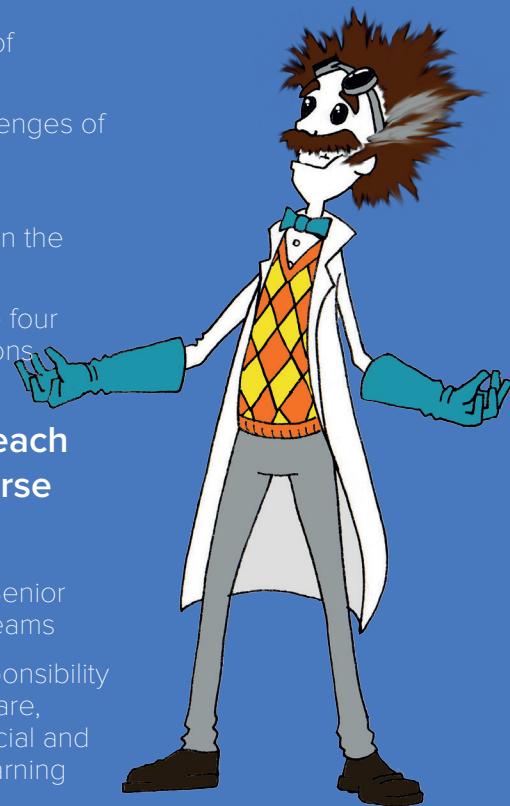
- The science of mindfulness
- The key challenges of transition
- The impact of mindfulness on the whole school
- Delivering the four .breathe lessons

### 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 - Year 9 class teachers

Those training to **teach .breathe** are not required to have an existing mindfulness practice, but it is crucial that they are willing to engage in introductory mindfulness practices during the course and potentially develop their experience beyond it.

Experience of working or volunteering with groups of children aged 9-14 years of age is essential. **Teach .breathe** is not a course which teaches classroom teaching and management.



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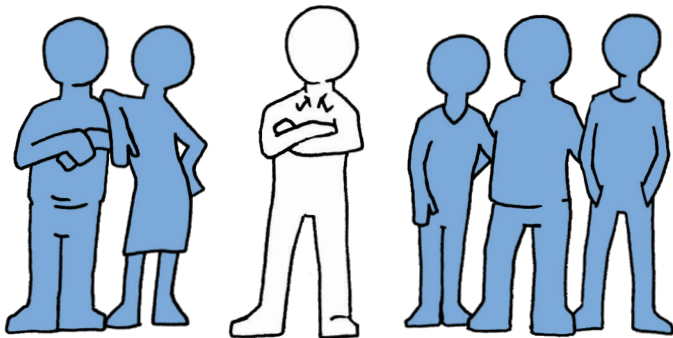
# WELLBEING WORKSHOPS: REDUCE STRESS

## How mindfulness can improve the wellbeing of the school community.

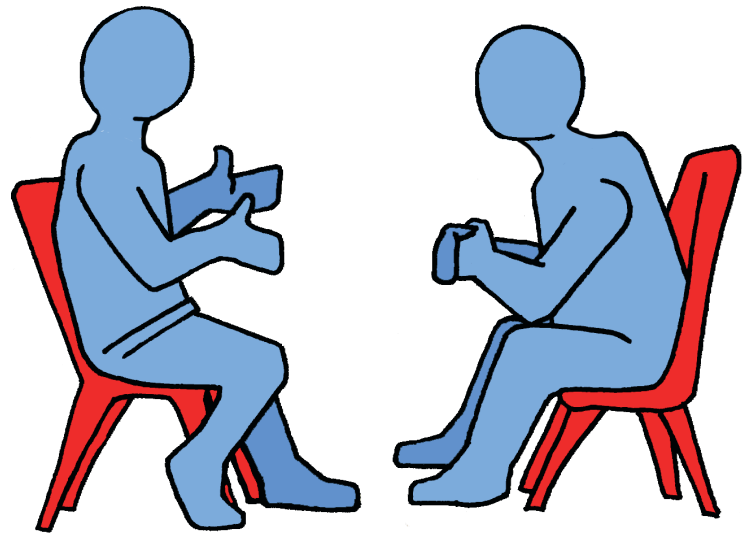
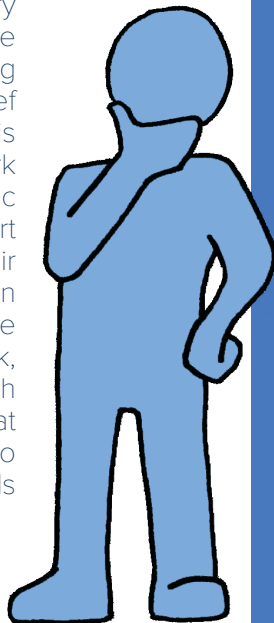
Mindfulness in Schools Project (MiSP) offers informative and engaging one-day wellbeing workshops which explore the challenges of supporting wellbeing for school staff and provide a mindfulness-based strategy to improve staff wellbeing within schools, both on an individual basis and as part of a whole-school approach.

According to the UK's Health and Safety Executive, teaching staff and education professionals report the highest rates of work-related stress, depression and anxiety in Britain.

- What can education professionals do to support their own mental health and wellbeing?
- What can education professionals do to embed wellbeing in their schools?



While exploring the evolutionary basis of, and scientific evidence relating to, stress, the wellbeing workshops provide a brief introduction to what mindfulness is and isn't, the theoretical framework underpinning it, and some basic practices which can support education professionals in their personal and professional lives. In particular, we look at how these practices can help us to step back, notice choice points and work with difficulty as it arises. We also look at how to implement a strategy to improve wellbeing for individuals and across the whole school.



## Wellbeing Workshops Objectives:

- To acknowledge the causes of stress within schools.
- To explore the science of stress and how the mind works in stressful situations.
- To understand how mindfulness reduces stress and increases wellbeing.
- To learn practical tools for managing and reducing stress.
- To develop mindfulness-based strategies to improve and support wellbeing in schools.

## Wellbeing workshops are suitable for:

- School management and leadership professionals
- Teachers from all types of school
- Support staff
- Those with responsibility for welfare, performance and impact

## How much do MiSP Wellbeing Workshops cost?

This one-day course costs £75 + VAT.

Having completed the course, you will receive a certificate. This could form part of your professional development records.

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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 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 per person.

There is also a course reader which is available in paperback for under £11 or as an e-book for under £5.

We offer bespoke group course bookings. If you would like to find out more please email:

[enquiries@mindfulnessinschools.org](mailto:enquiries@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. The course 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 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 with the intention of supporting participants in terms of their own understanding of mindfulness and general wellbeing.

## The dots Curriculum

**dots** is a brand new mindfulness curriculum for children aged 3-6 in schools, pre-schools or other educational or youth-related organisations.

The thirty sessions are designed to be flexible and varied and can be adapted to meet the needs of the children you are working with. **dots** is split into 3 sets of 10 sessions – one set for each term.

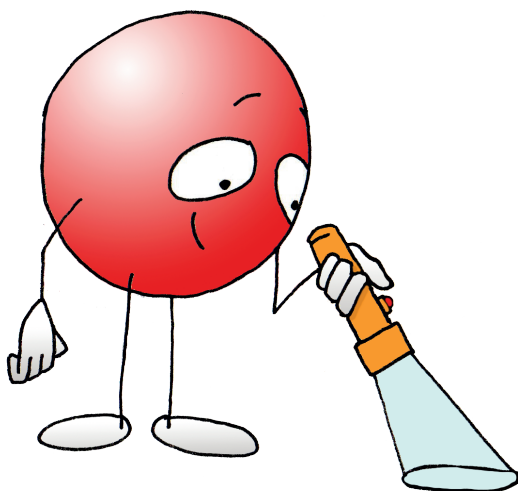
Learning from all of the sessions is encouraged to be connected to other aspects of the curriculum where and when appropriate. **dots** has various suggestions for “Have A Go” after each session – both in the classroom/setting and at home.

### What makes dots distinctive?

Each **dots** session is expertly crafted for use to teach a distinct mindfulness skill or concept.

**dots** is based around three key interconnecting themes: **Awareness, Connection** and **Emotion**. Aspects of these themes include:

- Awareness and attention
- Anchoring/Grounding/Being Present
- Embodiment/Focus/Concentration
- Connection/Interconnectedness
- Awareness of others/Social awareness
- Awareness of the World
- Compassion for self and for others
- Emotional Balance/Emotional Regulation



## Teach dots

**Teach dots** is a three-day online training course which prepares participants to teach the **dots** curriculum to 3-6 year-olds in schools, pre-schools or other educational or youth-related organisations.



The **Teach dots** course consists of real-time delivery of the sessions or parts of the sessions, pedagogy sessions, discussion groups and opportunities to practise guiding the **dots** practices and activities with each other.

### 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 dots” booklet, Teacher’s Notes on each session, posters, certificates, and much more.

### Do I meet the Teach dots 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 dots** training.

**dots** teachers should also be based in a school/setting or be a regular visitor to the school/setting. Particularly when working with younger children, it is important that the **dots** teacher is known to the children.

### Do you offer free places on courses?

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



# 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 take the form of twelve 30-minute lessons, but can be extended to longer sessions if needed.

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 more effectively
- to help cope with stress and anxiety
- to support performance such as music and sport.



## Teach Paws b

**Teach Paws b** is a three day training course (four-day if online) 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 dots**, **Teach Paws b**, **Teach .b** and **School Mindfulness Lead** - to UK schools who have above average numbers of pupils receiving Free School Meals.

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

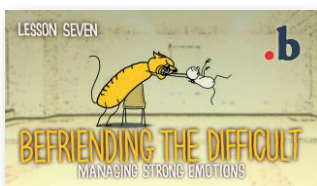
### What makes **.b** distinctive?

**.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 help cope with stress and anxiety
- to support concentration and learning
- to get to sleep more easily
- to relate more skillfully to others
- to support performance such as music and sport.
- to feel happier, calmer and more fulfilled



## Teach .b

**Teach .b** is a four-day training course (five-day if online) 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?

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

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# SUPPORTING YOU FURTHER

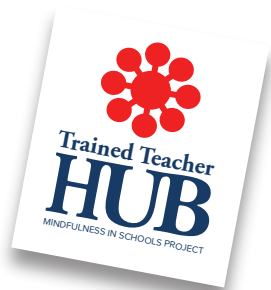


## Regular events and workshops

We offer regular opportunities to practice mindfulness and to discuss mindfulness in schools with peers. We provide workshops, **Inclusion & Support Groups** and **Reconnection & CPD Days** to further develop your knowledge and skills and have the chance to speak with others about their experiences, challenges and rewards of bringing mindfulness to schools.

## The Hub

Once you have trained to teach any of our curricula, you have six months of automatic access to **The Hub** from which you can download all the resources associated with that curriculum. MiSP continues to develop **The Hub** with updated versions of the curricula and additional resources added on a regular basis.



### Key Features of Membership

- Access to all the latest MiSP materials
- 'Trained to Teach' logos
- Listing on our MiSP Teacher Maps
- Sitting Groups
- Stay connected
- Dedicated online support
- Impact Assessment Tool
- Access to videos of our webinars
- Free ticket to our annual conference

## Become your school's Mindfulness Lead

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

## Our annual conferences

Always a highlight of the MiSP calendar our annual conferences are a chance to hear from expert speakers, network with like-minded teachers and expand your practical knowledge of mindfulness in education.

In **2020** we came together for a day of discussion and practice around the theme of **'Teaching Mindfully'**. Our expert speakers explored the challenges and rewards of teaching mindfulness to young people in primary schools and secondary schools.

The theme of our conference in **2021** was **'Including All'** and our speakers reflected on how schools can include all teachers and learners on their mindfulness journey.

In **2022** our conference is all about 'finding our way in changing times' and **being well**. Come and join us to be informed, inspired and encouraged to bring mindfulness to your school community.



CONTACT MINDFULNESS IN SCHOOLS PROJECT AT:

enquiries@mindfulnessinschools.org | www.mindfulnessinschools.org

MiSP

# MiSP ONLINE COURSES AT A GLANCE



## teach .breathe

Length: 1 day

Price: £195

**teach .breathe** is an introduction to mindfulness for teachers. 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 four **.breathe** lessons.



## .begin

Length: 8 x 90min sessions

Price: £195

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 dots

Length: 3 days

Price: £415

**Teach dots** prepares participants to teach the **dots** curriculum to 3-6 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 Paws b

Length: 4 days

Price: £565

**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: 5 days

Price: £760

**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: 12 days

Price: £895

**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.

We are constantly monitoring COVID-19 guidance and look forward to being able to provide in-person, face-to-face training and events in the UK and overseas again soon

For details about group bookings and bespoke dates please email:  
[enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org)



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[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

Find us on; Facebook, Twitter, LinkedIn and YouTube

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MiSP is a Registered Charity, no. 1168992, est. 2009.

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

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