

# Course overview

	Objective	Concepts	Practices Introduced
For Teachers	<p>Introducing mindfulness, the science &amp; the ethos (for adults) Suggesting a whole school approach.</p> <p>Enhance desire to practice mindfulness. Strengthen inclination to run these sessions with students.</p> <p>Introducing teachers to leading enquiry.</p>	<p>What is mindfulness? Why implement mindfulness? The BIG Intro - an introduction to the founder, Emma, and her approach. Leading mindful inquiry for children - a step by step video guide. How to begin - how to use this course with your class. How to practice. What to expect when children practice mindfulness.</p> <p>All practices separated out from lessons for your reference and future use. Emotional Vocabulary Animations - to spark interesting conversations. Posters - for your use.</p>	<p>Introduction to mindfulness. Spotify playlist (guided practices audio link). Mindfulness in 8 weeks (podcast audio link). A quick mindful practice.</p>
	<p>Autumn Term</p> <p>Introducing mindfulness, the science &amp; the ethos (for children). Teacher to lead session &amp; discussion using video content to guide.</p> <p>Enhance desire to practice mindfulness.</p>	<p>What is mindfulness - what's the point? The brain - Our smart part &amp; our lizard part. Creating intrigue to practice mindfulness - superpowers! Self-Care Journal - see notes. Mindful drawing. Emotional literacy - animation &amp; teacher lead discussion. Building emotional vocabulary &amp; recognising moods - using games. Present moment awareness. Placing our attention - the puppy mind/mind wanderings. Self-talk - enhance positive &amp; overcome negative. All feelings are ok - accepting mood states as they are. Empathy &amp; validating emotions. Being a good friend/relationships. Choices - see notes. Recognising and establishing values. The storytelling mind - see notes. Willpower and patience - see notes. Allowing and letting be - delayed gratification.</p>	<p>Fists of Fire - coping with anger. Mind Bubbles - blow those worries away. Loving Kindness - to spread love and kindness to ourselves &amp; others. Self-Care Journal - draw how you are feeling in weather style. Friendly Words - positive self talk. Mind Body Feels - connect with self. Mindful Drawing - present moment awareness/gratitude/recap/emotions. Balanced Breathing - rebalance &amp; calm. Tension Release - squeeze tight and let go. Sound on Sound - present moment awareness. Magnet Palms - so many choices. Journaling - pros and cons. Spotlight of Attention - controlling where we place our attention. Infinity - movement to loosen tension in the body. Blue Power - visualisation "you are enough". Petal Power - using our hand as a visual aid for breath. Mind Globe - watch the glitter settle. Mighty Tree Roots - grounding and steadying. Jungle Jig - loosen up fun. Sky Mind - you are not your thoughts. Sky Smiles - smile at the sky. Running River - let your thoughts float away. Resistor - the push and pull metaphor. Spot the Squirrel - when thoughts pop up.</p>

**HOME**  
version of  
the course  
parents/guardians  
sent a link to access

The children get the chance to show their family at home what they have been learning in school.

We have adapted the 'for schools' course to exclude 'inquiry' and teacher lead discussion. Parents, guardians and caregivers can now safely use the videos and resources.

We even suggest that the children lead the session!

- Deliver:
- Chapter 1
  - Chapter 2
  - Chapter 3
  - Chapter 4
  - Chapter 5
  - Chapter 6
  - Chapter 7
  - Chapter 8



## What?:

The One Mind video course get's children excited about the brain and the mind - we want kids to get excited about mindfulness, so they actually WANT to practice!

Interactive and fun - Emma provides opportunities to draw everyone into the playfulness of the session, through communication with both the teacher and the group.

## How?:

Interactive videos, Self-Care Journal, mindful movement, mindful moments, mindful practices, class discussion, group work, games, working with learning partners, links to external videos for discussion, drawing, and writing.

The format allows the teacher to become fully engaged, when pausing the video on the countdown screen, providing a window for discussion with the children on key themes as they arise.

## Why?:

The key benefits of mindfulness, outlined in scientific research show that children with a daily mindfulness practice felt better about themselves, were rated as more pro-social by both themselves and their peers, and had better math outcomes than children who did not exercise mindfulness in their curriculum (Schonert-Reichl et al., 2015)

Mindfulness acts as a perfect running theme to correlate to KS1 & KS2 health and wellbeing PSHE criteria.

## Key:

- Included in the FREE PREVIEW
- See notes pg2 for more details

This content equips children with the knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

# Course overview

Deliver: Chapter 9 <b>Chapter 10</b> Chapter 11 Chapter 12 Chapter 13	<b>Spring Term</b> Building & ingraining the above concepts - transition new skills from the conscious to the subconscious. Building a daily mindfulness practice throughout the school. Ingraining the value of a Self-Care Journal. Introducing teachers to leading a simple practice. Building teachers confidence to lead or select relevant practices.	The wheel of mindfulness - so many distractions. Self-respect & self-worth. <b>Enhancing non-judgemental attitudes - all people are equal.</b> The mindful attitude - see notes.	Wheel of mindfulness - the senses. Stop and BE - stop and be in this moment. <b>Mindful mouthful - eating mindfully.</b> New practices to be added.
	<b>Summer Term</b> Ingraining daily practices & whole school approach. Using one of the 20 practices provided as a daily ingrained habit or/& teacher leading practices & inquiry often. Encouraging practice at home & integration with family.	<b>Deepen learning from autumn term</b> Revisiting & strengthening: Resilience. Honesty. Kindness. Gratitude. Co-operation. Consideration. Integrity. Determination. Stay curious - the beginner's mind. Trust in yourself & your OWN feelings.	<b>Deepen learning from spring term</b> Growing happiness. Honesty. The seed of kindness. Be a everyday hero!

Unlock bonus content:  
 One off videos, fun new games & new practices!  
 BRAND NEW content added yearly.



# NOTES

## Self-Care Journal

A place to note the mindfulness practices that we learn  
 General notes  
 Mindful drawing practices  
 Recap  
 My mind feels/my body feels notes

We explore:  
 The world we live in, attitudes towards the planet  
 - what do you care about?  
 - what is important to you?  
 - what kind of world do you want to live in?

## Choices

So many choices every day  
 The power of our choices  
 How our choices affect others  
 Consequences  
 React or respond  
 The lizard brain (amygdala)  
 Choosing to practice mindfulness

## Willpower

Exercising our willpower  
 Practice makes perfect (patience)  
 Delayed gratification (the marshmallow test)  
 Sporting heroes

## The Mindful Attitude

Allowing and letting be (accepting things as they are)  
 Gratitude  
 Being a good friend/relationships/respect  
 Recognising emotions (our own and others)  
 Non-Judgement  
 Present moment awareness  
 Daily practice/checking in with ourselves

## The Storytelling Mind

The power of thoughts/snowballing  
 Racing mind/over-thinking  
 Anxiety  
 Thoughts lead to feelings  
 You are not your thoughts  
 When stories are good

Criteria from the PSHE Association Programme of Study.



KS1	Video	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	H11	H12	H13	H14	H15	H16	H17	H18	H19	H20	H21	H22	H23	H24	H25	
Chapter 1	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■				■		■						■	
Chapter 2	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 3	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 4	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 5	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 6	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 7	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 8	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 9	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	
Chapter 10	V1				■							■							■						■		
	V2				■							■		■						■						■	
	V3				■							■		■						■						■	
	V4				■							■		■						■						■	
	V5				■							■		■						■						■	



The One Mind video course chapters, each with 5 videos.

# Key Stage One

**H4.** about why sleep is important and different ways to rest and relax

**H11.** about different feelings that humans can experience

**H12.** how to recognise and name different feelings

**H13.** how feelings can affect people's bodies and how they behave

**H14.** how to recognise what others might be feeling

**H16.** about ways of sharing feelings; a range of words to describe feelings

**H18.** different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

**H22.** to recognise the ways in which we are all unique

**H23.** to identify what they are good at, what they like and dislike

**H24.** how to manage when finding things difficult

Criteria deemed 'met' by qualified teachers.

There are also many other opportunities to meet even more of the 'H' criteria during broader discussions prompted by the One Mind videos.

Criteria from the PSHE Association Programme of Study.



KS2	Video	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	H11	H12	H13	H14	H15	H16	H17	H18	H19	H20	H21	H22	H23	H24	H25	H26	H27	H28	H29	
Chapter 1	V1																														
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Chapter 10	V1																														
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	V3																														
	V4																														
	V5																														

## Key Stage Two

**H3.** the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health

**H4.** simple strategies to help build resilience to negative opinions, judgements and comments

**H15.** the importance of sleep and strategies to maintain good quality sleep

**H16.** to recognise and manage what influences their choices about physical activity

**H17.** the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices

**H18.** what might influence decisions about eating a balanced diet and strategies to manage eating choices

**H20.** strategies for maintaining personal hygiene, including oral health, and prevention of infection

**H25.** strategies to manage a range of influences on drug, alcohol and tobacco use, including peers

**H27.** the personal and social risks and consequences of substance use and misuse including occasional use

Criteria deemed 'met' by qualified teachers.

There are also many other opportunities to meet even more of the 'H' criteria during broader discussions prompted by the One Mind videos.



The One Mind video course chapters, each with 5 videos.