

Mindfulness

For what age?	At what level?
Primary and Secondary Schools	Universal

What is mindfulness?

Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skilfully in the here and now to life's inevitable challenges. It is an approach to building resilience and to coping better with the stresses of life.

What does the research say?

Mindfulness is reported to have benefits to psychological health and wellbeing including:

- Feeling calmer and more positive
- Helping cope with stress and anxiety
- Improving concentration and focus
- Getting on better with others

Studies of school mindfulness programmes provide evidence that they have the potential to improve some pupils' behaviour, psychological health, and executive functioning, including regulating attention and behaviour.

How can schools help?

By attending training on mindfulness, staff can consider the potential of mindfulness to school situations both in terms of staff development and approaches to working with children and young people. The training will enable you to extend your knowledge of mindfulness based approaches with easy to use ideas to apply in your own work with children and young people, thus having a positive impact on their emotional wellbeing, as well as behaviour and attention.

How can I access training?

To access centralised training in Mindfulness, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist

What do delegates say about this training?

An outstanding presentation.

Very useful & informative - I hope to use it for myself as well as in school.

I hope that implementing mindfulness within the classroom will result in a calmer learning environment.

Useful websites and resources

- [Mindfulness in Schools website](#)
- [Mind Up website](#)
- [Mindfulness in Oxford](#)