



Positivity Empowerment Awareness

## Growing mindful P.E.A.'s in the classroom

Mindfulness and Wellbeing Workshops for children & young people (Early Years, KS1, KS2, KS3)

I currently offer the following workshops which can be adapted to suit different age groups or if you prefer I can create a bespoke sessions to suit your needs.

All my 'hapPEA' workshops can be used for small groups, the whole class or individually.

*Each workshop typically lasts for 45 minutes (Nursery & Reception) or 60 minutes for all other age groups.*

### **Introduction to Mindfulness (all ages)**



An individual workshop for all ages to introduce what mindfulness is and why it is so helpful for our health & wellbeing. We explore how mindfulness builds self-awareness and confidence, nurtures positive relationships, supports emotional understanding and regulation, improves focus, attention & learning.

### **I am a Superhero too! (all ages)**



Recognising our own unique inner powers (strengths) that when we are mindful, we learn to activate and use helping us grow and thrive. What makes me, me?

A workshop to nurture self-awareness, an understanding of our own strengths and skills so we can learn to use them across any challenge.

### **My Emotions and Me (Nursery, Reception & KS1)**



Building strong emotional foundations. Thinking about my emotions, exploring language, connecting experiences, what is my brain doing? Thinking about the weather and how it changes all the time just like how I feel. What can I do to help myself when I feel..... I am learning to breathe & feel calm.

### **Cultivating a Lion Mind (KS2 & KS3)**



A follow-on workshop from either 'Introduction to Mindfulness' or 'I am Superhero too!' to explore how we cultivate our Lion Mind and R.O.A.R. practice.

This is a great workshop teaching tools to support children and young people facing new challenges and expectations sharing techniques to feel calm and in control

### **Growing flowers and managing weeds 'Our Mind Garden' (KS2 & KS3)**



A follow-on workshop from either 'Introduction to Mindfulness' or 'I am Superhero too!' cultivating a growth mindset. We explore how our brain & body work when the stress response is activated & how when we are mindful we can recognise what is happening which helps us to check our thinking. This creates opportunities to challenge automatic faulty beliefs loops (weeds) and reframe helping us grow forwards (flowers).

## Managing feelings of anxiety, stress and being overwhelmed with exam preparation (KS2 & KS3)



A follow on workshop specifically to support exam preparation and associated feelings of anxiety, stress, worry or being overwhelmed. We explore how our brain and body work when the stress response is activated and different tools we can use to help us feel more in control, calm and confident incorporating the importance of self-care to support balance, confidence and resilience.

## 6-week Mindful Child Programme - growing P.E.A.s in the Classroom (KS2 & KS3)



A 6-week programme of individual sessions to be run over a half term period covering introduction to mindfulness, my brain and body, breathing and calming techniques, understanding my emotions & how to regulate them, using my strengths, building awareness of thoughts, feelings and knowing how to respond to grow and thrive across all conditions, life skills and self-care.

**At the heart of all my workshops is teaching children and young people how to identify with themselves to activate their unique inner power. An understanding about their brain and nervous system, learning evidence based breathing and calming techniques and how to use my ABC model (Awareness, Breath, Body, Brain, Care).**

**All workshops combine teaching, practical exercises, creative and movement activities with handouts to take home.**

## Parent Talks and Staff Insets

I regularly give talks for school parents to support their child's emotional wellbeing covering a range of topics from separation anxiety, exam preparation and mindful parenting.

I also talk to parents to share learning when their child has attended a class workshop with HapPEA. I feel this is important empowering the parent with the same knowledge, language and tools to be able to support their child at home.

I run staff insets to support finding my calm even on the busiest days using mindfulness and meditation, why self-care is so important & what is behind the behaviour I see in class?



**If you would like to find out more about how to grow P.E.A.'s in your classroom please do get in touch at [anna@happea.net](mailto:anna@happea.net) or visit [www.happea.net](http://www.happea.net)**