***Mainstream mindfulness framework***

***Ten week program***

# MIndfUlness

Mindfulness=Awareness

Pay attention on purpose to the present moment with joy and ease. Cultivating mindfulness helps children deal with their emotions and replace impulse reactions with thoughtful responses.

1. LOVING KINDNESS

Heartfulness Communication

Tenderness and consideration towards others feeling “oneness “ with the universe while remaining true to their unique diverse qualities cultivating various innate positive character strengths and virtues of wellbeing including love.

3.GRATITUDE

Positive Emotion

Focusing on what’s good in our lives and being thankful enhances positive emotions such as optimism, enthusiasm , love , happiness and generosity that gratitude brings up. Gratefulness helps children develop more self control, generosity , self worth and happiness.

4.CONNECTION

Unity= Interconnected

Building relationships which cultivates caring, compassionate , connections of mutual respect These emotional connections build unity which lends to a willingness to listen and accept one another . Collaborative inquiry is a powerful strategy for change.

5. COMPASSION

Empathy= Peace

Compassion means we care about others treat them with kindness and feel a strong desire to help people in need. Compassion is empathy in action. Golden rule: treat people the way you want to be treated!

6. RESILIENCE

Managing strong emotions = Courage

Cultivating the inner resources to navigate life’s challenges such as adversity ,stress and failures while maintaining balance. Resilient children are more likely to take healthy risks because they don’t fear falling short of exceptions.

7. FORGIVENESS

Growth Mindset =capacity to respond to strong emotions

Choosing forgiveness helps children to feel empowered by releasing the, from the heavy burden of anger and forgiveness. Mastering calm emotions for themselves and other builds their growth mindset.

8. SELF- LOVE

A state of appreciation for oneself=sense of identity

Believing in yourself enhances your child’s ability to become more emotionally resilient building their self – awareness, acceptance, sense of identity fostering confidence enhancing problem solving skills in order to make thoughtful choices

9.SELF REGULATION

Focused attention = Calm mind

The ability to understand and mange your behaviour ; your reactions to feelings to things happening around you. It includes being able to regulate reactions to emotions like frustration, excitement or upset and mange your emotions to focus on a task.

10. PERSEVERANCE

Persistence is doing something despite difficulties or delay in achieving success with determination firmness of purpose Maintaining optimism combined with passion for a long term goal. Perseverance develops Grit which is a powerful motivation to achieve an objective.

**Weekly Outline**

**Mindful Motivation: A introduction to our focus for the week**

**Mindful Minute: A breathing exercise to focus the group**

**Mindful Melody: A song related to this week focus**

**Mindful Moments: A story related to this weeks focus**

**Mindful Movement: A movement / game activity related to this weeks focus**

**Mindful Mentoring: A learning activity relaying the concepts of this week**

**Mindful Mantra: A series of words related to this weeks focus to practice**

**Miracle Mindset: A take away that reflects the key learning points of this weeks focus**