

Mindfulness Curriculum



Learnable

What Will Be Achieved



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Children will learn how to manage stress, anxiety and other emotions that may be affecting them.

They will learn meditation, yoga and mindfulness techniques that will enable them to better cope with stressful and difficult situations.



What Will Be Achieved

Within a year, the children will have a solid understanding of how their own feelings and emotions work as well as a foundation of different techniques that can be used to help cope with stress, anxiety and depression.



How It Works

Lessons are divided in to 6 different units, 1 for each term. For each year group, there will be 6 increasingly detailed units, building upon last years' learning and development.



Term 1	EMOTION	What Are Feelings And How Do We Identify Them?
Term 2	COMPASSION	Being Compassionate And Mindful
Term 3	MEDITATE/YOGA	Intro To Meditation And Yoga
Term 4	COPING	Dealing With Bad Feelings
Term 5	CONTROL	Conflict And Impulse Control
Term 6	PHYSICAL	Stretching, Breathing And Exercise

How It Works

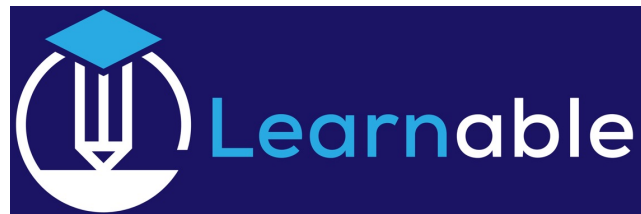
All of the courses will transition seamlessly in to each other across the year groups to give a 36 unit progression to develop an increasingly rich understanding of the different techniques involved in meditation, yoga and mindfulness.



Learnable

Key Stage 1

Levels 1 & 2





Term 1	EMOTION	What Are Feelings And How Do We Identify Them?
Term 2	COMPASSION	Being Compassionate And Mindful
Term 3	MEDITATE/YOGA	Intro To Meditation And Yoga
Term 4	COPING	Dealing With Bad Feelings
Term 5	CONTROL	Conflict And Impulse Control
Term 6	PHYSICAL	Stretching, Breathing And Exercise



COMPASSION AND
UNDERSTANDING
OF OTHERS



PROBLEM
SOLVING



DEXTERITY AND
MOTOR SKILLS



CONFIDENCE AND
OPENNESS



EMOTIONAL
WELLBEING AND
MANAGEMENT

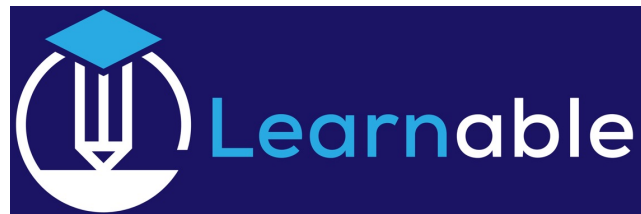


ABILITY TO TALK
FREELY

Skills Developed

Key Stage 2

Levels 3 & 4



Term 1	COMPASSION +	Mindfulness, Compassion And Gratitude
Term 2	MEDITATION +	In-Depth Meditation And Breathing Techniques
Term 3	YOGA	Yoga And Stretching
Term 4	NEGOTIATION	Maintaining Composure In Difficult Situations To Achieve The Best Outcome
Term 5	ANXIETY	Understanding And Managing Anxious Feelings
Term 6	STRESS	How To Better Manage Stress

Skills Developed

Understanding Of Mental Health

Techniques For Handling Emotional Issues

Negotiation Skills

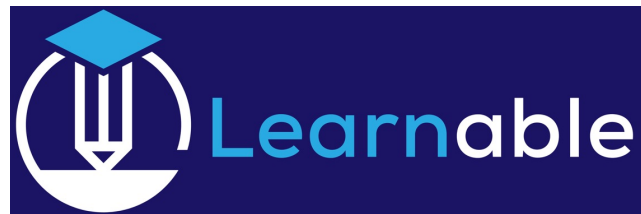
Stress Management

Mixing Physical and Mental Health Through Yoga

Rich Understanding Of Mindfulness & Compassion

Key Stage 2

Levels 5 & 6



Term 1	MENTAL HEALTH	Deep Understanding Of Stress, Anxiety And Depression
Term 2	RELAX	Being Okay With Not Being Okay
Term 3	ANGER	Anger Management Techniques
Term 4	BREATHE	Mixing Meditation With Deep Breathing And Yoga
Term 5	WELLBEING	Mixing Yoga With Wellbeing
Term 6	PRESENCE	Final Understanding Of Mindfulness, Awareness and Being Present In The Moment

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