



## Newsletter October 2016



### Mindfulness for Primary School Classroom Teachers 2017

#### One day Trainings

Terms One, Two and Three, 2017

- Thursday 9<sup>th</sup> February, Lismore
- Saturday 11<sup>th</sup> March, Brunswick Heads
- Thursday 11<sup>th</sup> May, Lismore
- Thursday 3<sup>rd</sup> August, Brunswick Heads

Fee includes one demonstration lesson in each teacher's classroom

#### You will learn:

- ✓ 3 aspects of mindfulness
- ✓ Mindfulness & brain science
- ✓ Why your students will like mindfulness
- ✓ How to introduce mindfulness in your classroom
- ✓ To use mindfulness for your own wellbeing

Fee: \$250 for the day - includes -  
follow-up classroom lesson!  
\$210 without follow-up lesson

Bookings / Enquiries: 0428 886 147 /  
[bobbi@mindfuleducation.com.au](mailto:bobbi@mindfuleducation.com.au)

**Only 20 places per training**  
**Bookings required at least 2 weeks in advance**  
**We can also present this training**  
**at your school on a staff development day**

### Mindfulness for Teacher Wellbeing Enhance Staff Resilience !

In Term 3 2016, Bobbi taught *Mindfulness for Teacher Wellbeing* at Caningeraba State School, Burleigh Heads, Qld, as a series of 2 hour classes after school for 6 weeks. The first group of 20 teachers *and* support staff loved the course so much they told their friends and the class is now being repeated for another group in Term 4.

*"This course was so valuable. It helped me find my way back to myself, to identify my self-worth. I learned that taking a moment to re-set my nervous system on a regular basis makes life so much better!"*

Teachers need and deserve supports to flourish professionally and personally. In an educational era of high stakes testing, increased budget constraints and reporting requirements, teachers all too often encounter a cascade of stressors which impact negatively on wellbeing.

Mindfulness is a valuable wellness and self-care tool for teachers. Mindfulness is supported by neuroscience research and is shown to reduce stress, improve physical and mental/emotional resilience and develop lasting self-care skills.

**See more about the program over page.**

**Book this course for your school, or for teachers from your cluster of schools.**  
**Ancillary / support staff can also attend.**

## The Pocket Public School A Whole-of-School Mindfulness Program : 2016 - 2018



The creative and forward-thinking Will Glasson, Principal at The Pocket Public School contracted us to design and deliver a three-year, whole of school program for staff, students and parents. We are helping Mr Glasson and his staff to embed mindfulness throughout the school community, to complement the school's strong focus on Social Emotional Learning.

The Mindfulness Program began with a day training the teachers in mindfulness for their own wellbeing and for use in the classroom. It was a wonderfully relaxing and enjoyable start to the new school year for the staff.

Each term we have spent two days at the school, leading a long and fun-filled lesson in each teacher's classroom, as well as coaching and encouraging the teachers and leading some classes for parents.

We use puppets to teach students from Kindergarten to Grade 6 about their brains. They are a great hit, as are our mindfulness games, the mind jars we help them make and the special story books we read the younger children.

In our latest K-1 and 2-4 classes we talked about too much rushing: is it always necessary? Jamie Lee Curtis's book *The Human Race* provided fun ideas and the children loved seeking detail in the captivating illustrations. *Do we need to be rushing? Who do we know who rushes? Is it helpful? What happens to our 'guard puppy' (amygdala) when we rush? How can Wise Owl (our prefrontal cortex) help? How does rushing affect the emergency/cruise nervous system?*

In the Yr 5-6 class we are currently teaching Mindfulness of thoughts. We notice and discuss how readily our minds make assumptions, jump to conclusions, make up stories and make judgements that are not based on fact. Students learn that they don't have to believe all their thoughts. They can notice the different kinds of thoughts they have, let go thoughts that are not helpful, and find the peace of simply noticing thoughts coming and going, like clouds in a blue sky.

**Contact us to design and deliver  
a whole-of school mindfulness program  
to meet the needs of your school.**

*"One of the unexpected benefits of the Mindfulness for Teacher Wellbeing program at Caningeraba School was the team-building. We got to know each other so much better, which has increased empathy and support for each other."*

### More about Mindfulness for Teacher Wellbeing

There are 6 weekly classes, 2 hours per class, arranged at a time to suit each school.

Mindfulness develops calmness, focus, presence, compassion for yourself and others and helps you increase positivity and enjoy a better work-life balance.

Program Outline:

1. Your brain and the Power of Mindfulness
2. Coming to Your Senses: Body and Breath
3. Fresh Perspectives / Beyond Habitual Thinking
4. Surfing the Emotions
5. Mindful Communication
6. Positivity, Kindness, Gratitude & Resilience

Fee: \$260 per person when school provides venue. Min 10, max 20 participants per class.

**Open course Term 1, Goonellabah, Lismore  
6 Tuesday evenings, 4.30 – 6.30 p.m.  
Tues 21 February to Tues 28 March 2017  
Fee: \$285 per person. Bookings open now.**

### Contact Mindfulness in Education

Bobbi Allan: 0428 886 147  
[bobbi@mindfuleducation.com.au](mailto:bobbi@mindfuleducation.com.au)  
[www.mindfuleducation.com.au](http://www.mindfuleducation.com.au)

Shakti Burke: 0466 014 743  
[shaktibee108@gmail.com](mailto:shaktibee108@gmail.com)  
[www.joyfulmind.net.au/schools.html](http://www.joyfulmind.net.au/schools.html)