

The power of mindfulness



Coffee morning

International Stream

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French International School

The power of mindfulness



Mind Full, or Mindful?

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 Let's take a few minutes for a body scan

 How did that feel?

 How did you feel when you came in?

 How are you feeling now?

 What differences do you notice?

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Body Scan Meditation

- 1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.
- 3 Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

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 What is mindfulness?

<https://www.youtube.com/watch?v=AWJUv1IH-Ng>

 What are its benefits?

 Why mindfulness at school? When?

 Why mindfulness at home? When?

 How to practise?

<https://www.youtube.com/watch?v=mjtfyuTTQFY>

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Mindfulness at FIS / For students

 5-week programme for Year 7s, 8s and 9

→ PSHE

→ Mindful minute

 Year 11s and 13s (stress-relief before exams)

 Year 12s

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Mindfulness at FIS / For teachers

 training courses

 meditation sessions

 practice in class in various subjects (mindful minutes)

 integrated in PSHE routine activities

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Let's practise! (Aurélie & Nathalie)

 Breathing / Visualisation

How to be more mindful



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« Screen free » family activities

Go outside: for a walk / run / hike

Go to family yoga, “mum and me” meditation,

Tricky Eye museum...

Being mindful at meal times

Avoid distractions and be present (such as TV switched on, mobile phones at the dinner table...)

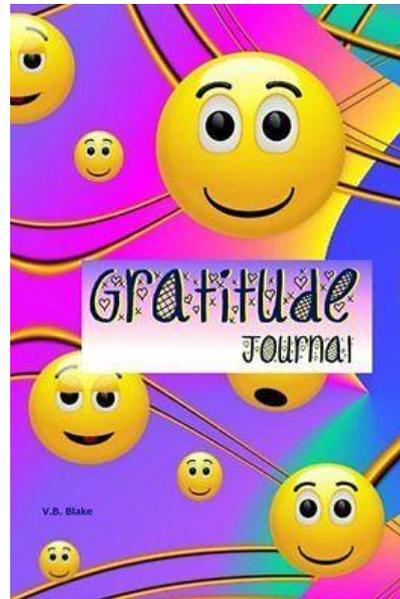
Gratefulness: we tend to take everything for granted, so why not be grateful to be able to share food with our family?

Take a few moments to share positive experiences

Kindness jar



Gratitude journal



Check the following TED Talk for more on gratitude:

<https://www.youtube.com/watch?v=nZUfJpVxUNI>



Lead by example

50 THINGS FOR KIDS (AND ADULTS) TO DO
MINDFULLY

1. Breathe in
2. Take a walk
3. Stretch your arms
4. Eat your favorite meal
5. Smell the flowers
6. Shoot some hoops
7. Hug a friend
8. Hug a tree
9. Play with your pet or volunteer at an animal shelter
10. Work on a puzzle
11. Write a poem
12. Take a bath
13. Listen to a friend
14. Balance an egg on its end
15. Listen to music
16. Speak to a friend
17. Make a list of your favorite things.
18. Draw or paint
19. Sip some tea
20. Listen to a friend's heart-beat
21. Brush your hair
22. Play an instrument
23. Hum or Ommm some
24. Do some yoga
25. Tell someone you appreciate them
26. Work on a scrapbook
27. Cook a meal.
28. Build a model
29. Build Water your plants
30. Do some arts and crafts
31. Do some arts and crafts
32. Put on a good smelling lotion
33. Look at your baby pictures, and your parents' baby pictures
34. Make a list of people you are happy to have in your life
35. Tense and release your muscles
36. Feel the sunshine and breeze on your skin
37. Wash your face
38. Tie your laces
39. Sing!
40. Plant a garden
41. Brush your teeth
42. Wrap a present
43. Build a sandcastle
44. Build a fort with snow or pillows
45. Make origami
46. Doodle
47. Practice calligraphy
48. Dance
49. Peel and eat an orange
50. Roll dice
51. Finger paint
52. Cook a meal and eat it
53. Breathe out



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ANY
QUESTIONS



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be kind
to yourself.

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Useful links



<http://www.stopbreathethink.org/>



<https://www.headspace.com/>



<https://smilingmind.com.au/>



<https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf> (evidence for the impact of mindfulness on children and young people)