



The term mindfulness refers to the ability to direct the attention to experience as it unfolds, moment by moment, with open-minded curiosity and acceptance.

(Kabat-Zinn, 1996).

The aim is to develop coping skills used throughout school and beyond which can support children in responding more helpfully rather than simply reacting to what is happening in their lives.

With our busy lives our minds are often very active thinking about all of the things that we need to do or things that have already happened. You could say that our mind is a bit like a snow globe. We might walk through the park on the way to work without seeing the baby ducks on the water, we might walk home from school without noticing the changing of colour of the leaves. We might not notice that we are feeling tired or that we are feeling a bit low. If we could perhaps be more aware of how we feel and what's going on around us right now we might increase our wellbeing.

Mindfulness helps us to be more in the moment, in the here and now. It helps us to be more in tune with and to appreciate ourselves, the world around us and our lives. It helps us to “take a break” from our wandering mind, to focus our attention on the activity at hand and to just “be.”