

MINDFULNESS overview KS1

<p><i>Terms 1 and 2 - The Mindfulness Backpack</i></p> <p>What do we need for our Mindfulness journey?</p> <ul style="list-style-type: none">• Imagination• Mindful movement and a calm body• Kind thoughts• Focus on breathing• Body check	<p><i>Terms 3 and 4 – My Mindfulness Place</i></p> <p>Using our imagination to create our own Mindfulness Place</p> <ul style="list-style-type: none">• How will we get there?• Imagining what my Mindfulness Place looks like• Putting our favourite things in my Mindfulness Place• Inviting someone to visit my Mindfulness Place• Entering and exiting – imagining the door and deciding how to protect my Mindfulness Place	<p><i>Terms 5 and 6 – Kindness</i></p> <p>The importance of being kind to others and to ourselves</p> <ul style="list-style-type: none">• Using kind words• Saying thank you• Helping others• Kindness to animals• Being kind to ourselves
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Throughout the year:
Mindful eating
Origami

Mindfulness overview KS2 (2 year programme)

Year 1

<p><i>What does it mean to be mindful?</i></p> <ul style="list-style-type: none"> • Body scan • Mindful breathing • Focus on the senses • Mindful movement • Mindful eating 	<p><i>Mindfulness and emotions</i></p> <ul style="list-style-type: none"> • Naming and talking about emotions • Happiness • Anger • Fear • Sadness 	<p><i>More about me</i></p> <ul style="list-style-type: none"> • How well do I know myself? • What are my good qualities? • What's important to children? • What makes me unique? • Building a time capsule 	<p><i>Gratitude</i></p> <ul style="list-style-type: none"> • What do we have to be grateful for? • The Thankful Coat story • Person, Pleasure, Promise guided visualisation • Thank you letters • Notes of kindness
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Year 2

<p><i>Growth Mindset</i></p> <ul style="list-style-type: none"> • Fixed vs growth mindset • Setting personal challenges • Grit and resilience • The power of 'yet' • What helps grow our brains? 	<p><i>Meditation</i></p> <ul style="list-style-type: none"> • Body scan • Loving kindness meditation • Breathing meditation • Focused meditation • Guided meditation 	<p><i>Working as a team</i></p> <ul style="list-style-type: none"> • What's good about being in a team? • Teamwork: solving problems • Teamwork: what is your role? • Teamwork: does it matter who's on our team? • Wish flags 	<p><i>Sleep</i></p> <ul style="list-style-type: none"> • What happens when we sleep and why do we need it? • Stretch and sink • Breathing exercises • Dream box • My mindfulness place
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