

**The Present:  
A Mindfulness and Well-being  
Course  
for Primary Schools.**

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*The Present Course for Primary Schools* is a cumulative programme which enables primary schools to introduce mindfulness and well-being in an incremental way; supporting learning across the curriculum and throughout the primary school years. The programme has been developed by Sarah Silverton (mindfulness teacher, trainer and author), Tabitha Sawyer (primary school teacher and headteacher) and Dusana Dorjee (neuroscientist and author).

*The Present Course for Primary Schools* is designed for adults working with children (3-12+) in schools. It weaves learning about mindfulness, well-being and neuroscience into activities that typically take place throughout a school day, as well as at home.

The materials aim to develop:

- metacognitive awareness,
- attention regulation skills,
- emotion regulation skills,
- non-judgment and non-reactivity in relating to experience,
- noticing and savouring positive experiences,
- qualities of kindness and openness in relating to self and others.

To build understanding and skills for both adults and children, *The Present* materials offer a shared exploration of seven themes:

**Here and Now** **Focusing** **Choosing** **Connecting**  
**Human Body** **Human Mind** **Noticing Change.**

Learning about neuroscience, well-being and mindfulness is developed through story-telling, suggested practices for each theme, enquiry, and everyday activities such as eating, walking, relating to other people and even

queuing! The emphasis is on *how* we do things rather than *what* we do and on experiential learning rather than that which is primarily conceptual.

*The Present* incorporates the latest evidence from neuroscience, including new understandings of brain development from the ages of 3 - 11, and the impact of mindfulness and attention on emotion regulation. In doing so, *The Present* programme recognises the evolving needs of children as they progress through their primary education and is relevant to each particular age, as they encounter the joys and trials of everyday life.

In recognition of the challenges and demands of the role of a primary school teacher, the materials are also offered in a way that is accessible to busy teachers and offers support to them, as well as the children.