



Both Curricula



- A spiral curriculum for children aged 3 - 11 years old introduced through stories, neuroscience learning, activities, exercises and practices
- Equally focused on supporting staff and children in school
- Emphasis is on living more mindfully than learning to meditate; how we do things rather than what we do
- Woven through all aspects of life in school, including opportunities to offer it within teaching regular lessons, so designed for teachers within schools to deliver
- Could be delivered through informal moments if specific class time is hard to carve out specifically
- Appropriate across a wide range of cultures; an exploration of being human
- Offers a clear programme to deliver (seven themes and four opportunities) at school with “starting off” content in the materials but there is encouragement for teachers to be creative and tailor the programme to suit

- Delivered by people with a mindfulness practice.
- Exploring the theory and practice of mindfulness with children
- Learning is relevant to both joyful and challenging experiences in life
- Encourages children to flourish and manage difficulties more skilfully
- Builds children’s resources (eg, resilience, self-care/self-management, focus, decision-making and connection)
- Invites children to practice mindfulness in school, at home and in other areas of their lives
- Includes neuroscience learning
- Available through the medium of Welsh
- Paws b and The Present are created to complement each other.

- A curriculum designed for KS2 (aged 7-11)
- The materials offered as a set of 12 lessons and sits well within PSHE
- Learning offered through engaging Powerpoints, meditation practices, film clips and exercises
- Offered through 6-12 cumulative learning classroom lessons of 30-60 mins.
- Can be offered by school based teachers and external teachers introducing mindfulness to a school
- Practices can be continued beyond the lessons through lunchtime clubs or informally in the classroom
- Learning, once introduced, can be offered within other lessons in school such as PE, drama, music, art, school trips
- Training is offered in several major cities around the UK and overseas.
- Ongoing support offered through an online Hub where there is access to course materials, online mindfulness sits, updates, information about reconnect days, online

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| <p>their children and setting</p> <ul style="list-style-type: none">▪ The programme can easily be continued beyond the initial 14 weeks▪ Training is offered mostly in local “hubs” to promote ongoing implementation support in your area, including a number of overseas bases <p>www.thepresentcourses.org</p> | | <p>support and a teacher map</p> <ul style="list-style-type: none">• Paws b is designed to connect with the .b curriculum designed for secondary schools <p>www.mindfulnessinschoolsproject.co.uk</p> |
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