

'PAWS B' PROGRAMME MINDFULNESS FOR PRIMARY SCHOOLS

AWARE is now delivering the Paws b mindfulness programme into primary schools throughout Northern Ireland.

What is Paws b?

Paws b is a mindfulness programme for primary schools delivered by Carolyn Blair from AWARE. It is ideally taught to 7-11 year olds and is adapted from the '.b' mindfulness curriculum for secondary schools as well as being influenced by adult Mindfulness courses.

What are Paws b's objectives?

Paws b aims to give students mindfulness as a life-skill and use it to:

- feel happier, calmer and more fulfilled
- get on better with others
- help them concentrate
- help cope with stress and anxiety
- support performance such as music and sport

Why should your primary school have Paws b?

Paws B was carefully crafted by classroom teachers and mindfulness experts to engage young children. The programme is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching. Evidence-based research confirming the positive effects of mindfulness practice when suitably applied for children is astounding. The Mindfulness in Schools Project published results which confirm that Paws b positively improved children's moods and concentration levels.

Duration:

Paws B is taught over six weeks in a 1 hour session. However, AWARE can tailor this to suit the needs and budget of your school.

Let's get you started:

Contact mindfulness@aware-ni.org

Visit www.aware-ni.org

Call Us 028 9035 7820

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What is mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen it trains us to respond skilfully to whatever is happening right now, be that good or bad.

Mindfulness for the adults

Did you know, AWARE can also come to your school to deliver mindfulness specifically for teachers and school staff? By doing this, we can help create a school environment open to the practice of mindfulness. Get in touch for more details.



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.