



Mindfulness for Children

A Mindfulness course that teaches children self-awareness and emotional regulation

Children can be Mindful

Like adults, children can become stressed and anxious. Their world is full of distractions, challenges and puzzles. The Internet, mobile phones and other technology occupy their interest and time. Coupled with the demands of learning, high expectations, and for many children, disrupted family lives, these factors can be too much for small minds to process effectively. Developing brains can become exhausted and frazzled.

It is little wonder that the ability to stay still for long or focus attention for more than a few minutes is underdeveloped in many children. Attention is frequently split as agile minds jump quickly from one thing to another just to keep up. Poor concentration, negative feelings and low self-esteem can follow.

The inability to slow down or manage feelings, such as disappointment, frustration, anger, fear or more, invariably results in disruptive behaviour and/or withdrawal and even mental health problems. Schoolwork and relationships are inevitably negatively impacted also. None of these outcomes are any good for the child or for those with whom he or she is in contact.

Depression, anxiety and bullying or other harmful behaviours are becoming more commonly reported. The increase in suicide and suicide ideation in children is alarming. Apart from the immediate challenges of these problems, the long-term wellbeing of the children, their families, peers and schools is threatened.

The ability to develop self-awareness and self-regulatory skills is surely a necessary and worthwhile skill for all children to develop. Children can learn Mindfulness skills to manage their immediate day-to-day challenges. And they can begin to amass a skill box of techniques and practices that will serve them well for the rest of their lives. [Mindfulness for Children](#) (MFC) answers these challenges.

Course Outline

MFC comprises 10 x 50-minute sessions, ideally held weekly. The aim of [Mindfulness for Children](#) is:

To develop self-awareness, emotional control and wellbeing when facing ordinary and challenging situations, and to have the resources to maintain those skills throughout life after the course is finished.

Participants learn to focus attention, stay calm and appreciate their senses and what their senses reveal to them about their world. They practice body awareness and quiet meditation. They learn skills to help them face and deal with challenges past, present and future. The ten sessions cover meditation, breath, body, the five senses, feelings, words, thinking, friendship and more.

Participants

The course is aimed at children in grades 4 or 5. This is a good age for being ready to take in and understand the information. Children who complete their primary years and enter high-school with well-developed Mindfulness skills will have a head start in managing the difficulties and challenges that lie ahead. Do the best for you students - get in touch to arrange your programme now.

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