

Comments from Satisfied Adults who have attended Mindfulness courses

'A positive way in managing stress in your mind
and body and in managing pain. Very beneficial!'

'The course was excellent and I learnt a lot'

'Whole course was very good'

'I thought this was a very valuable course. In
the present time I benefitted most from the
company and support while learning some tools
to aid me'

'I have felt an overall benefit; very grounding,
getting in touch with my emotions and feeling,
giving me tools to improve my health and others
I care for'

'My reaction was Good / Good. To think in the
present, not past or future. Not taking hurtful
"stuff" from others to heart'

'This course was very helpful. It showed me how
to stay in the present and not take on guilt'

'Lots of things in the course that one knows
already, but being re-enforced by Mindfulness
puts it all in perspective'



Dr Pauline Enright

PhD Philosophy
FAPSA qualified teacher educator
Diploma Professional Counselling
VocGradDip MiCBT
Counselling Assessor and Supervisor
Certified Enneagram Teacher



Radiance Hobart Counselling & Self-Development
PO Box 907 Sandy Bay
Tasmania 7006 Australia

0409 191 342
pauline@radiancehobart.com.au
www.radiancehobart.com.au

Mindfulness for Children

*A meditation course for children
Self-awareness and emotional regulation*

The Thinking Circle

*A philosophy course for children of all ages
Learn to think well, discuss and reason*

Teaching Philosophy for Children

*A training course for teachers and educators
Learn to do philosophy with your students
in a Community of Inquiry format*

We have other courses and services
See our website or inquire for details

© Pauline Enright Radiance Hobart 2020



Mindfulness for Children

A Course for Your School

Emotional Regulation

Stress Management

Children can learn to
meditate

Grades 4 - 5

0409 191 342



*'The Unexamined Life is not
Worth Living...' (Socrates)*



Mindfulness for Children

A Course for Grades 4 or 5

- ◆ Stay Stress-free
- ◆ Practices for Life
- ◆ Appreciate the Senses
- ◆ Learn Meditation Skills
- ◆ Improves Concentration
- ◆ Develops Self-awareness
- ◆ Learn how to be Present
- ◆ Manage Difficult Feelings
- ◆ Overcome Bad Behaviours
- ◆ Overcome Negative Thinking
- ◆ Appreciate the Natural World
- ◆ Practice Emotional Regulation
- ◆ Promote calmness in the classroom

Children can Learn Mindfulness

Course Content

Learn Life-Long Skills

Session 1 establishes the rules, introduces self-awareness, first and third person perspectives and body awareness

Session 2 explains muscular contraction and relaxation

Session 3 introduces breath awareness and using it to restore calm and balance

Session 4 deals with body, stress, calm

Session 5 explores the power of words and their effects

Session 6 develops awareness of the senses of sight, smell and touch

Session 7 covers taste, sound, listening and paying attention

Session 8 introduces the brain and observing thoughts

Session 9 deals with friendship and nurturing sound relationships

Session 10 covers Nature and Beauty and concludes the course

Banish bullying and disruption

Course Delivery

Give your Students the Best Start

In *Mindfulness for Children*, students learn self-awareness and self-management skills. There are 10 x 50-minute sessions, ideally held weekly. Each session deals with a specific topic or topics relevant to the skills being learned. Materials (including natural objects) are provided or brought to each session to enhance learning.

A 'Community of Inquiry' format is used, in which children and facilitator sit in a circle, facing each other. Children wear large name tags so they can be addressed in person.

Rules are established in the first session, which are to be adhered to throughout. At each session, the topic(s) are explained, discussed, and the related meditations demonstrated and practiced.

So that the skills can be maintained, written copies of the meditations are provided to the teacher, so she can guide students in the practices each day between sessions. These materials can be kept and used for reminders and maintenance after the course is completed.

Contact details overleaf
