

# About Mindfulness for Children

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

## Children can be Stressed

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

## Children can be Mindful

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. Their natural curiosity and sense of wonder means they are open to new learning - often more so than adults. The practices of Mindfulness meditation calms them and they feel better. And they begin to amass a skill box of techniques and practices that will serve them well for the rest of their lives. *Mindfulness for Children* (M4C) answers these challenges.

## Course Outline

M4C 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 much more.

## Participants

The course is aimed at children in grades 4 or 5. This is an ideal 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 program now.

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