

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'



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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 how 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

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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 & how to use it to restore calm & 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

- ◆ Teaches students self-awareness and self-management skills
- ◆ 10 x 50-minute weekly sessions using a 'Community of Inquiry' format
- ◆ Each session deals with topics relevant to the skills being taught
- ◆ Materials such as natural objects are provided to enhance learning
- ◆ In the first session rules are established to be adhered to throughout.
- ◆ At each session the topic(s) are explained and discussed
- ◆ Meditations are demonstrated and practiced at each session
- ◆ Copies of the meditations are given to teachers to guide students between sessions
- ◆ These can be kept for reminders and maintenance after the course is completed

Contact details overleaf
