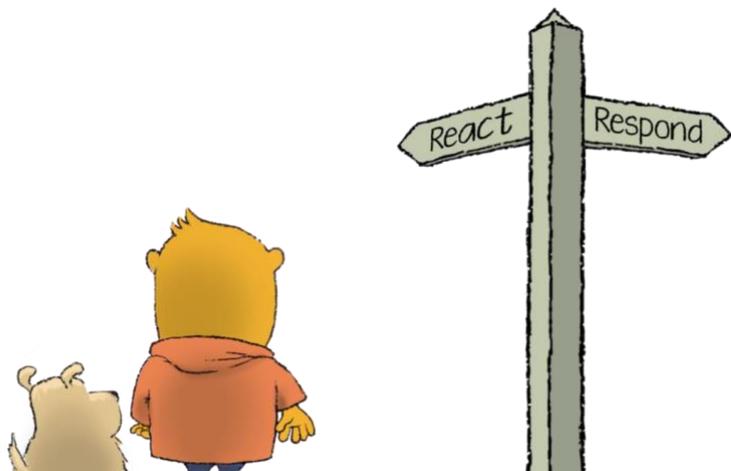




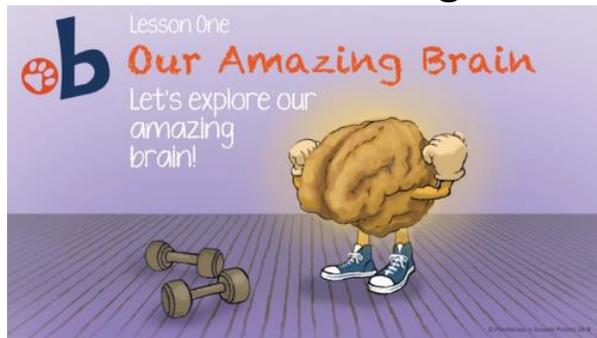
Paws b

Paws b is a classroom **introduction** to mindfulness. At the most basic level, **Paws b** aims simply to be an **awareness raising exercise** that gives 7-11 year-olds a taste of mindfulness, so that they know about it, and can thus return to it later in life, learning more about it when this is useful to them. The most fundamental aims are:

- For **all children to know** about mindfulness
- For **most to enjoy it**
- For **many to use it** now and again
- For **some to practise daily**
- For **as many as possible to remember it.**



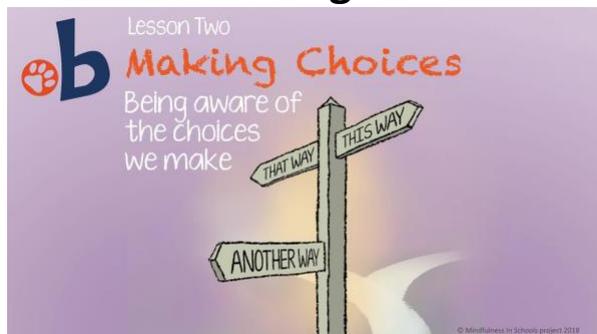
Lesson 1: Our Amazing Brain!



Learning Intention:

- To introduce the idea of the mind and the brain as separate but connected
- To explore how the brain can be changed depending on how we train our minds
- •To experience what it's like to direct the attention
- •To provide some simple tools for training the attention

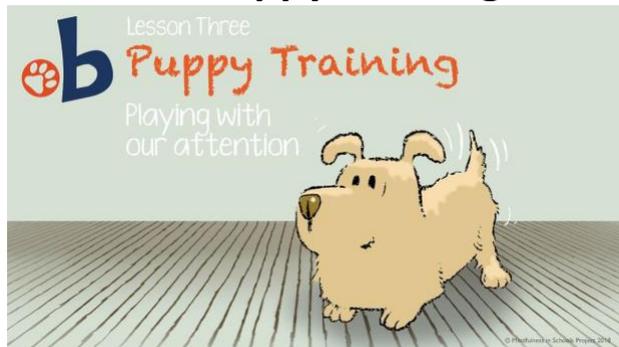
Lesson 2: Making Choices



Learning Intention

- To recognise that we have to make many choices in a day
- To understand that we can train our brain to be aware of when we make those choices
- To begin to train the mind in order to become more aware of our feelings and thoughts which can affect the choices we make
- Begin to recognise when there is an opportunity to make skilful choices

Lesson 3: Puppy Training



Learning Intention

- To introduce the idea of the faculty of attention
- To experience how we might direct our attention
- To understand the untrained mind's fickle nature –it is like a puppy
- To learn some simple tools for training the attention with attitudes of kindness, patience, and repetition

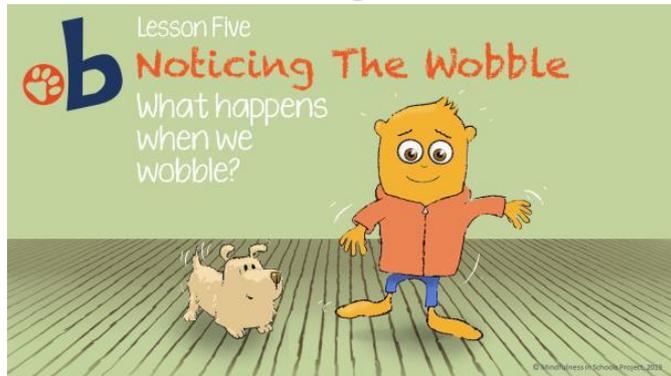
Lesson 4: Everyday Mindfulness



Learning Intention

- To introduce the idea of autopilot
- To explore how we can step out of autopilot when we choose to
- To understand the role of the hippocampus in connecting previous experiences with current ones
- To understand the role of the hippocampus in connecting previous experiences with current ones
- To explore the everyday experience of stopping and 'checking in' with present moment awareness

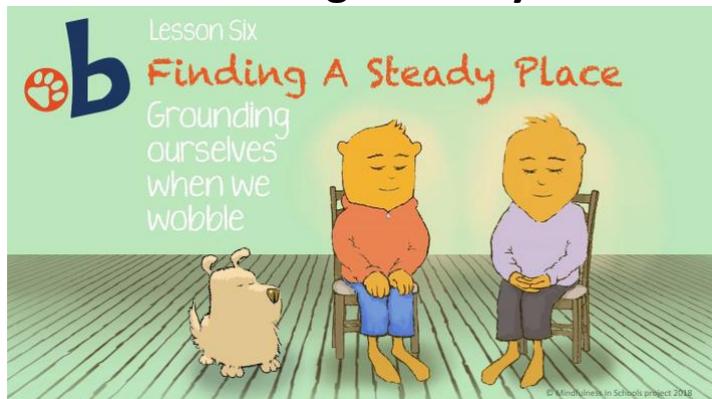
Lesson 5: Noticing the Wobble



Learning Intention

- Recognising that we all wobble
- Expanding breath awareness practices –finger breathing
- Exploring how to notice the wobble, and finding ways to steady ourselves
- Understanding how the Insula works with the Prefrontal Cortex to help us do this

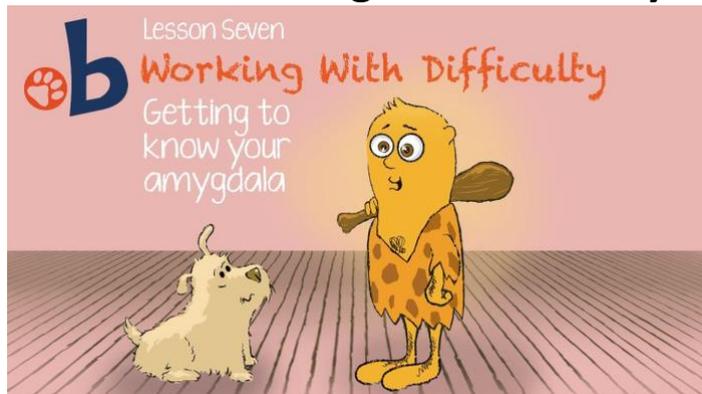
Lesson 6: Finding a Steady Place



Learning Intention

- Recognising how we notice when we (and others) wobble
- Learning how to steady ourselves when we notice the wobble
- Exploring settling attention in the lower half of the body as an anchor or steady base

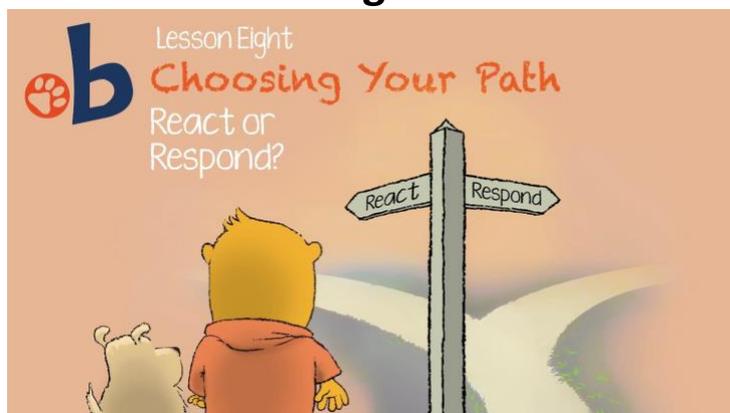
Lesson 7: Working with Difficulty



Learning Intention

- Introducing the amygdala - learning to deal skilfully with difficulty
- Exploring the nature of mind and human patterns of reactivity
- Taking responsibility to keep the mind and body safe and healthy by choosing a response.

Lesson 8: Choosing Your Path



Learning Intention

- Understanding when Fight/Flight/Freeze are important and when they are less helpful
- Exploring the difference between reacting and responding
- Practising pausing and choosing a different path
- Beginning to explore self-care and compassion –can we be kind to ourselves as well as others?

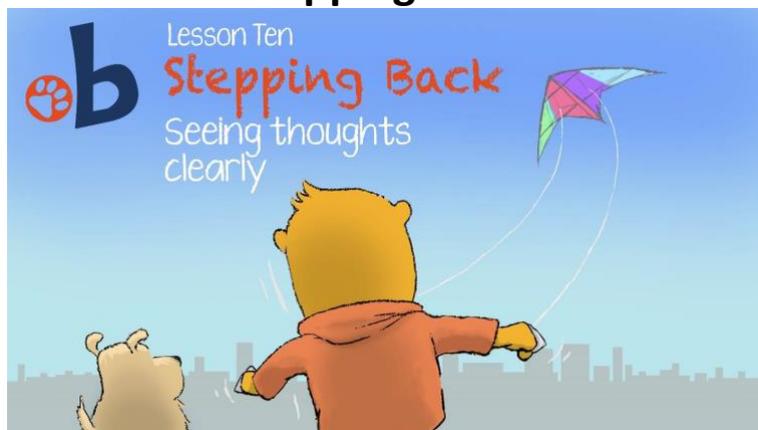
Lesson 9: The Storytelling Mind



Learning Intention

- Exploring the nature of mind (trying to make sense of, filling in the gaps, telling us stories)
- Learning to recognise thoughts (metacognitive awareness)
- Beginning to explore decentring from thoughts –thoughts are not facts

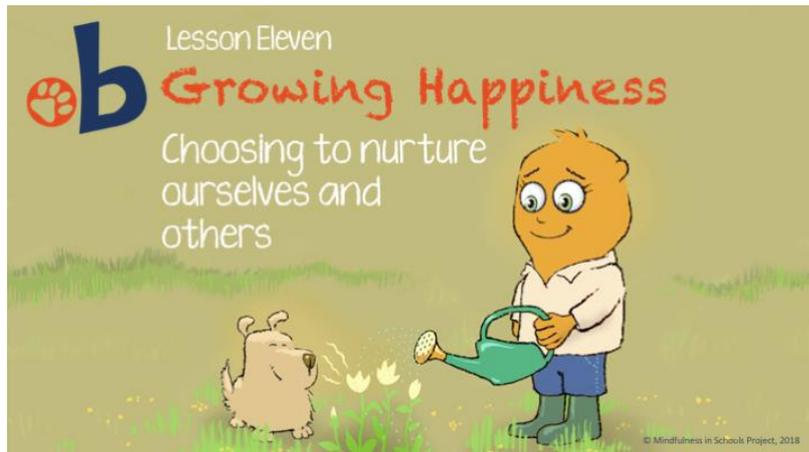
Lesson. 10: Stepping Back



Learning Intention

- Understanding how thinking about what might be can exhaust us
- Learning to recognise how this can combine with body sensations, moods and actions
- Exploring how to use practice to steady and step back from difficult thoughts

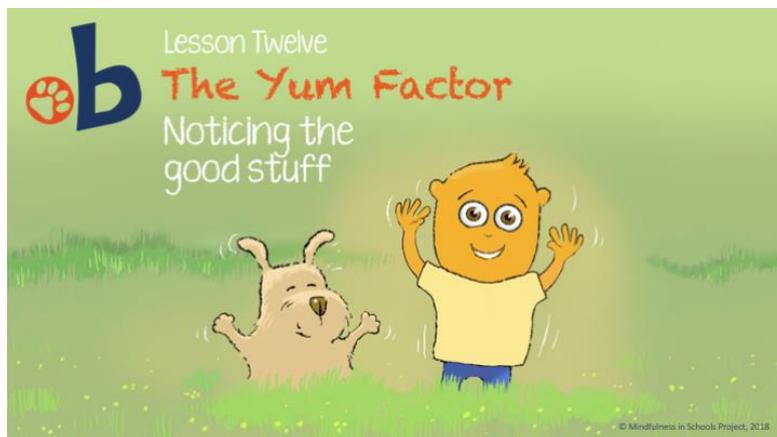
Lesson 11: Growing Happiness.



Learning Intention

- Exploring how we can nurture ourselves and others
- Learning how to make room for and choosing happiness in our lives
- Noticing the details of experience of happiness
- Sharing happiness

Lesson 12: The Yum Factor



Learning Intention

- Learning how to shift attention towards pleasant experience
- Understanding how savouring these experiences can increase levels of happiness
- Recognising the Paws b journey and recalling what we have learned.

The **Paws b** lessons are intended to offer an introduction to mindfulness. Once the class are familiar with mindfulness, the teacher and class can continue to explore it in ways that suit that particular class, school and moment. We would recommend that at least 5 minutes per day is included in ways that suits school life.

Your own practice as a teacher can also be a mindful presence that weaves through the whole school day. Without “mindfulness” being named at all it can be a tremendously important way to teach children about mindfulness as you embody mindful awareness and choosing to respond through the day. The children will also learn a lot from times of honesty when, if you feel yourself reactive or overwhelmed, you name this and ask genuinely for some mindful moments together to rebalance.

Books to read with 7-11 year olds

Research shows that read-alouds for upper primary children are invaluable to their ongoing literacy development. Here are some initial titles to consider in supporting further discussions around what it means to be mindful:

- *The Three Questions* by Jon J. Muth
- *Zen Shorts* by Jon J. Muth
- *The Quiltmaker’s Gift* by Jeff Brumbeau
- *The Other Way to Listen* by Byrd Baylor
- *The Way To Start a Day* by Byrd Baylor
- *Ahn’s Anger* by Gail Silver
- *What Does it Mean to be Present?* By Rana DiOrio
- *Mindful Monkey, Happy Panda* by Lauren Alderfer

Books for teachers:

Being a lifelong learner is essential to the teaching of mindfulness, not only does our personal practice support us but understanding the roots and research of mindfulness can continue to help us link the spotlight of practice to the everyday “life light” of our work and our relationships. Here are some suggested books from the **Paws b** Team:

- *The Mindfulness Breakthrough* by Sarah Silverton
- *Mindfulness: Finding Peace in a Frantic World* by Mark Williams and Danny Penman

- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Yardsticks: Children in the Classroom Ages 4-14* by Chip Wood
- *Teaching Children To Care* by Ruth Sidney Charney; preface by Nel Noddings
- *Mindful Learning: Reduce Stress and Improve Brain Performance For Effective Learning* by Dr. Craig Hassad
- *Mindset: The New Psychology of Success* by Dr. Carol Dweck
- *The 5 Dimensions of Engaged Teaching* by Laura Weaver and Mark Wilding
- *Mindful Movements: Ten Exercises for Well-Being* by Thich Nhat Hanh

