

Mindfulness

All topics to be covered across one academic year			
<p>Topic One – Our Amazing Brain <i>Let's explore our amazing brain!</i> Exploring how mindfulness can help us to train our minds to change our brain. Introducing 4 key areas of the brain, beginning with the Prefrontal Cortex</p>	<p>Topic Two – Making Choices <i>Being aware of the choices we make</i> Learning how mindfulness can help us to concentrate when we need to. Recognising the choices we make each day and the impact these have on our lives</p>	<p>Topic Three – Puppy Training <i>Playing with our attention</i> Exploring how the attention can move around, narrow down or broaden out in focus. Learning about how the attention is also like a puppy, but can be trained with an attitude of kindness, patience and repetition</p>	<p>Topic Four – Everyday Mindfulness <i>Choosing to be present</i> Understanding what it means to be on 'autopilot'. Learning about the role of the hippocampus and how it links new experiences to old ones</p>
<p>Topic Five – Noticing The Wobble <i>What happens when we wobble?</i> Recognising that we all 'wobble', and explore ways to steady ourselves. Learning about the Insula's role in recognising different body states in ourselves and others and how they relate to mood</p>	<p>Topic Six – Finding A Steady Place <i>Grounding ourselves when we wobble</i> Exploring practices that steady our attention in the lower half of the body. Learning to recognise moods in ourselves and others</p>	<p>Topic Seven – Working With Difficulty <i>Getting to know your amygdala</i> Exploring the idea of reactivity – what looks and feels like. Learning about the amygdala and its role in 'fight, flight or freeze'</p>	<p>Topic Eight – Choosing Your Path <i>React or respond?</i> Learning how to nurture attitudes of curiosity, kindness, and openness to experiences. Understanding the importance of keeping the mind and body safe and healthy through noticing choice points, and choosing to respond where appropriate</p>
<p>Topic Nine – The Storytelling Mind <i>Recognising the power of thoughts</i> Discussing what a thought is, and learning to recognise them as they arise. Noticing some of the habits of our mind – e.g. ways the mind tries to fix difficulties by over-thinking</p>	<p>Topic Ten – Stepping Back <i>Seeing thoughts clearly</i> Learning about how thoughts can be connected to body, emotions and urges/actions. Exploring ways to step back and be present moment-focused when the mind is telling us stories</p>	<p>Topic Eleven – Growing Happiness <i>Choosing to nurture ourselves and others</i> Discussing how we can best nurture ourselves and others. Understanding how we can sometimes create space and choices around happiness</p>	<p>Topic Twelve – The Yum Factor <i>Noticing the good stuff</i> Exploring specific ways to savour happiness. Learning about how happiness, kindness and gratitude are connected</p>