



Project 5 – A Little bit of Mindfulness

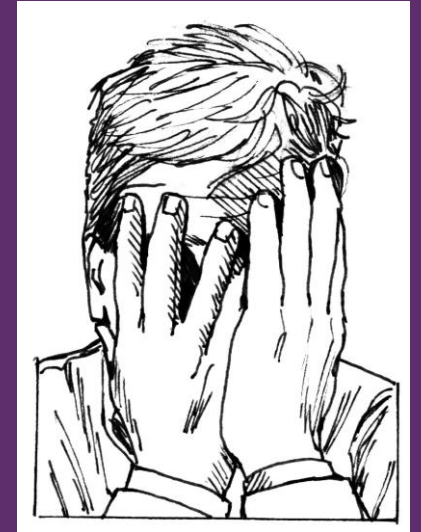
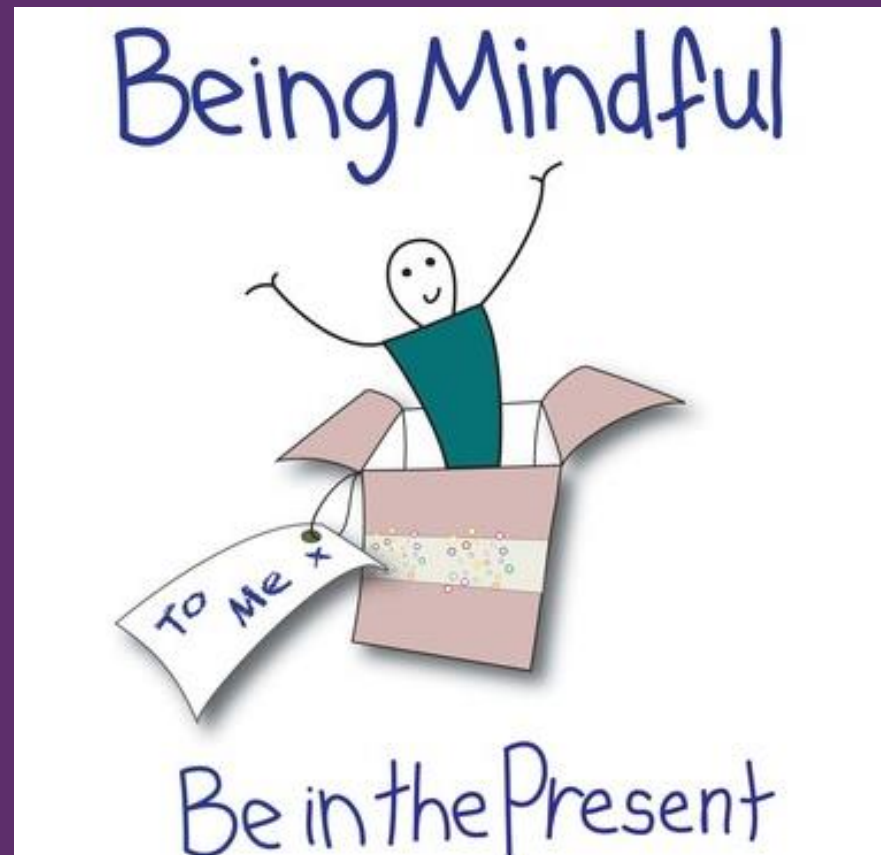
Chrissie Drury

JIGSAW Training Team

What is mindfulness? – Being in the present.



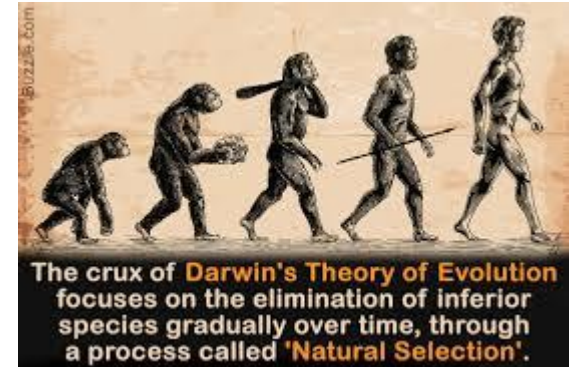
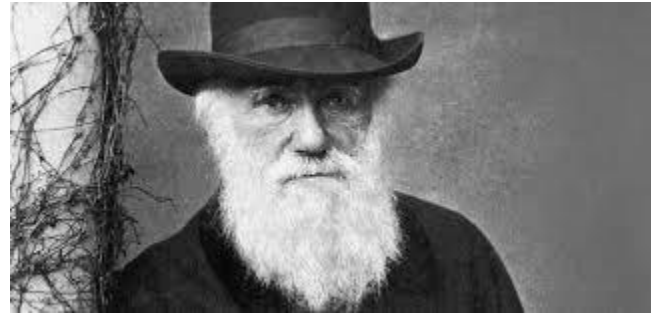
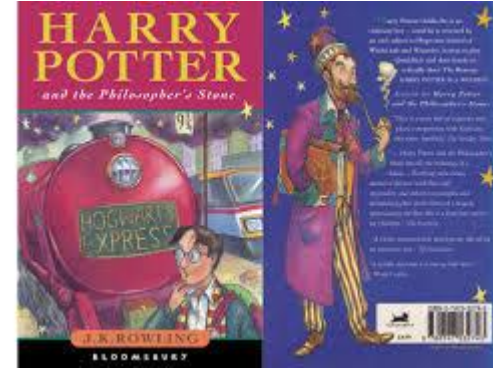
Professor Mark Williams (Oxford Mindfulness Centre)



What do these people all have in common?



Many 'lightbulb moments' come while people are busy doing nothing.



Mindfulness helps us

- ▶ **Reconnect to our bodies.**
- ▶ **Be aware of thoughts and feelings.**
- ▶ **See the present moment clearly.**
- ▶ **Notice** signs of stress and anxiety more easily

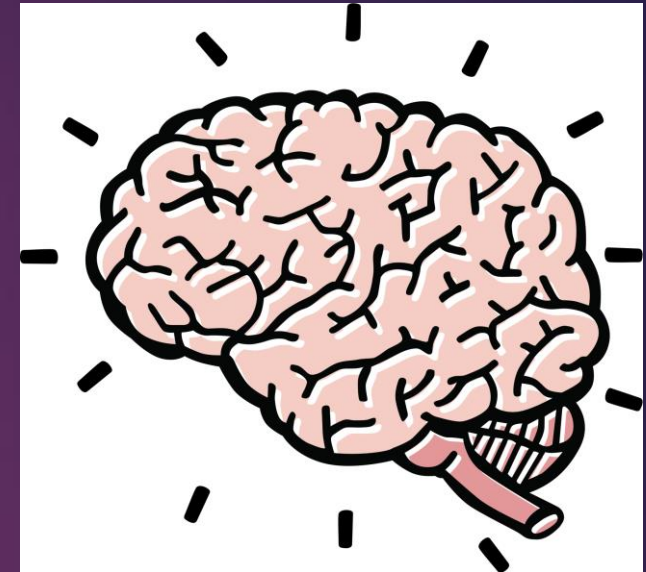




Empowerment



Gain control



Self-healing



How can Project 5 help?



How has Project 5 helped?



We encourage and demonstrate **simple, accessible** activities that help to keep children in the moment and focused on one task.

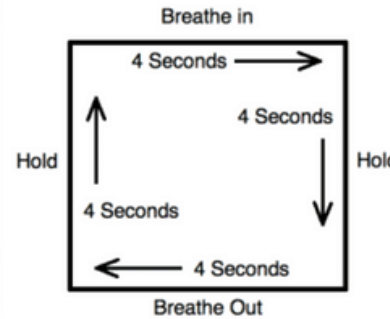
- ▶ Is this not what children do anyway?
- ▶ Do you allow time in the day or week for these activities?
- ▶ How could you model mindfulness?
- ▶ How could you encourage children to choose mindful activities?

So how can you encourage mindfulness?

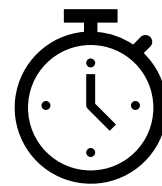


How can you be mindful?

There's sufficient evidence to suggest that intentional deep breathing can calm and regulate your body and mind.



Box breathing



1 minute



Keep Calm and Breathe

5 Finger Breathing



Applying breathing techniques like this will help relax and control emotions.

Remember, breathing is the single most important physical act we do daily.



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