

# What Is Mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what *has* happened or *might* happen, it trains us to respond skillfully to whatever is happening right now, be that good or bad.



**Brain imaging studies** show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of both thought and feeling

## What's the point of it?

In adults, mindfulness training has been proven time and again to improve health and well-being. It also helps people to learn more effectively, think more clearly, perform better and to feel calmer, less anxious and less depressed. Mindfulness is now recommended by UK National Institute of Clinical Excellence and many doctors are referring adults on eight week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people in schools to enhance well-being and learning.

## How do people learn it?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focussed way to whatever is actually happening, be it our breathing, the sensations in our body, the activity in our mind, or everyday activities such as walking and eating.



## Is it difficult?

At first the mind wanders constantly, but with practice we learn to sustain our attention and direct it more skillfully. This helps break the grip of unhelpful mental habits, judgments and impulses, making way for more calm, helpful, kinder and rational thinking about all aspects of life. However, it takes practice!



## What mindfulness IS

- A life-skill
- Evidence-based
- Paying attention “on purpose” to things as they happen, with curiosity and kindness

# What is .b ?

**.b stands for “Stop, Breathe and Be!”**. This is the name for the range of courses created by the Mindfulness in Schools Project, a non-profit organization whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

## .b for teens

### What are .b for teens objectives?

**.b** aims to give students mindfulness as a life-skill. Students use it:

- to feel happier, calmer and more fulfilled
- to concentrate and learn better
- to cope with stress and anxiety
- to perform better in music or sport.

### What is .b’s course for teens?

**.b for teens** is a 9 lesson, scientifically-researched course for young people aged 11-18. The course was carefully crafted by classroom teachers to engage even the most cynical of adolescent audiences. It is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching.

### What is Paws .b?

**Paws .b** teaches mindfulness to 7 – 11 year-olds, either through a series of stand-alone lessons or by integrating the learning and practice of mindfulness in all standard elementary school subjects. The course has been crafted by experienced primary school classroom teachers alongside experienced mindfulness practitioners. As with the .b curriculum for teens, it involves exciting visual materials and activities, making sessions both fun and accessible.



## .b foundation

### What is .b foundation?

**.b foundation** is a 9 session program for teachers and school staff who wish to learn mindfulness. The course offers **customized** content and learning from our roles in schools. The course is delivered in on site to optimise access for staff. The course supports staff to be able to use mindfulness to boost wellbeing, resilience and performance.

What .b ISN'T

Boring • Hippie • Yoga • Religion • Therapy

For further information email [usa-inquiries@mindfulnessinschools.org](mailto:usa-inquiries@mindfulnessinschools.org)  
or visit [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)