

St-Martin's School

In association with

Green-Hearts Mindfulness & Meditation

Start to take control of your mind rather than your mind controlling you.



Session 1 3.30-4.20

AIM: An introduction to Mindfulness and how it can help relieve the mind of stress.

OBJECTIVES: By the end of the session pupils will have a better understanding of:

- How negative and positive thoughts affect our mental and physical health.
- How to stop obsessive negative thoughts.
- How to act positively rather than react negatively to situations.
- Be taught a breathing technique to help promote a calm and peaceful state of mind.
- Be offered a square breathing technique card.
- Be offered a leaflet with other mindfulness techniques.

Session 1 part 2 4.30 – 5.20

AIM: A relaxation session to help relieve the body of stress (comfy clothes)

- . Yoga Nidra, a relaxation exercise to help relieve the body of stress
- . Colour blue guided relaxation to a relaxation practice to help relieve the body and relax.

students are invited to attend all 6 sessions if they wish.