

The Mindfulness in Schools Project Annual Conference

27th March 2013

We are delighted to welcome you to this year's conference. We hope you'll find that today is a great opportunity to learn more about mindfulness from leaders in the field, hear first hand from teachers and kids, and share ideas and inspiration with each other.

- 10.00** **Welcome and Introduction**
- 10.05** **Jon Kabat-Zinn**
Mindfulness and its Role in Education
- 11.05** **Richard Burnett and Chris Cullen**
What is .b?
- 12.00** **Amanda Bailey** and pupils from Altrincham Girls Grammar School
Dominic Morris and pupils from Bethnal Academy
The Classroom Experience of .b
- 12.30** ----- **Lunch** -----
- 2.00** **Professor Willem Kuyken**
The Mindfulness in Schools Research Agenda
- 2.25** **Sarah Silverton, Tabitha Sawyer, Rhian Roxburgh**
and pupils from Ysgol Pen y Bryn
Paws .b – *A New Primary Mindfulness Curriculum*
- 2.50** **Jon Kabat-Zinn**
Wisdom in Teaching Mindfulness
- 3.45** **Richard Burnett and Chris Cullen**
What Next for Mindfulness in Schools?
- 4.10** **Chris Ruane, MP**
Mindfulness in Schools: a Political Agenda
- 4.30** ----- **End** -----

THE .b COURSES



The .b Foundation course is an 8-week programme of 1 hour lessons for teachers, staff and parents who want to learn the basics of mindfulness.

Teach .b is a 4-day certification course for mindfulness practitioners who want to teach .b to adolescents in their classrooms or other settings.

.b for Teens is our flagship course for 11-18s, designed to be taught in a classroom over 8-9 weeks, often as part of PSHE or in extra-curricular sessions

Paws .b is the primary .b curriculum for 4-11 year olds. It is being piloted now and will roll out in late 2013.