

why introduce mindfulness to your school ?

What teachers & pupils say about mindfulness ...

It helps our pupils to manage the demands they face and supports them in achieving and sustaining outstanding performance, whilst maintaining a healthy and balanced perspective on life and the resilience to cope with the occasional disappointment.

Mark Nicholson, Head of Religious Studies & Philosophy, Hampton School

I liked how you taught us to spend every moment like it's worth it.

Jay, aged 17

Mindfulness allows me not to get overwhelmed –it helps me clear my head and focus so that I can take things one step at a time. It has been brilliant for me.

'Charlie', aged 15

"My family have noticed a difference though I still get quite angry –I'm a teenager!"

Jay, aged 17

What are the Potential Benefits?

Mindfulness in schools is not just about children and young people; it is also very much about those who care for them. The benefits of mindfulness in the adult world are well-researched and the positive impact it can have on teachers, counsellors and carers is central to MiSP's vision:

Well-being

Self-compassion

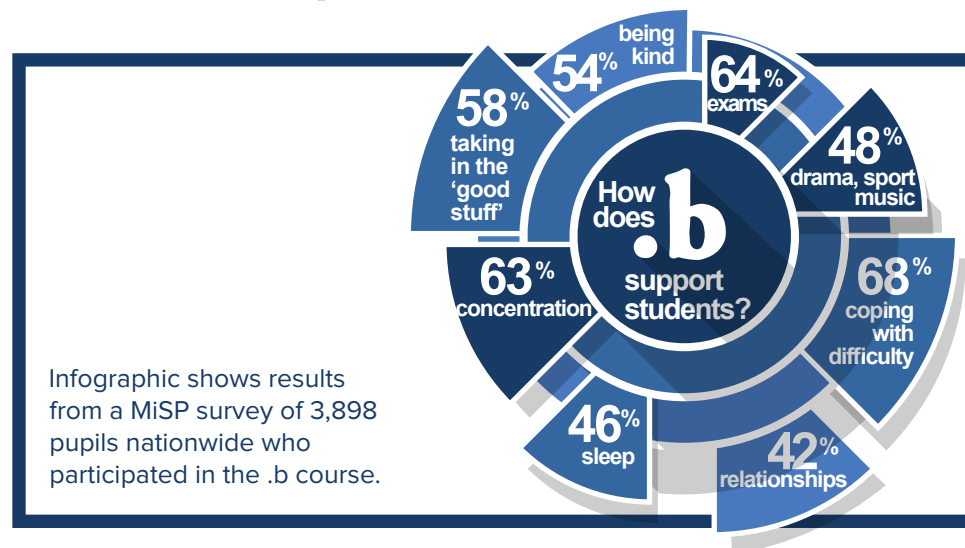
Sustained attention

Emotional regulation

Teaching efficacy

Since MiSP was formed in 2007, a number of studies have been conducted on the effects of its programmes on pupils and teachers. Most of these studies are small and do not have long term follow-ups, but they indicate that the programmes have potential to improve psychological wellbeing and attention.

These studies have measured changes using self-reported scores on questionnaires, computer-based attention tests, and neurological tests, and have compared the results to "control groups" who complete the tests at the same times but have not taken part in the courses.



enquiries@mindfulnessinschools.org
www.mindfulnessinschools.org

MiSP is a Registered Charity, no. 1168992, est. 2009.

MiSP aims to bring mindfulness to all young people and those who care for them.

MiSP