



MINDFULNESS in SCHOOLS PROJECT CONFERENCE 2021

Including ALL
TEACHERS & LEARNERS

Peter Whitfield

Mindfulness and the reluctant learner



MINDFULNESS AND THE RELUCTANT LEARNER

PETER WHITFIELD

About me

Flintshire Portfolio PRU, in North Wales, which has just recently been rebranded to Plas Derwen. There are currently 5 centres in total, all in different locations, but come September we will be moving into a brand new, purpose built school.



I'm the operational manager for the 3 behavioural centres covering key stages 2 to 4. Though I'm mostly based in the key stage 3 centre.





My journey into Mindfulness

Union sponsored .b foundations course

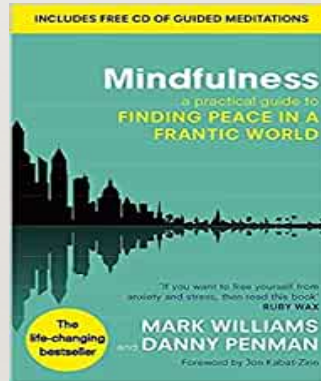
Paws b Course

.b Course

School Lead

MBSR Course

The Present Course



Why Mindfulness for me and how I've implemented it so far.

What's worked?

- KS2 small group work
- KS3 largely 1:1
- Short sessions. Mixture of science facts and practices
- Explaining its uses in the 'real world'
- .b and 7/11 breathing



Important messages

- **Thoughts aren't real**
- **Everything changes**

What next?

- Embed mindfulness into the culture of the new build
- Further partnership work with the Learning Disability Service
- Continue to improve my own practice and get the message out there!

