



3-6 year olds

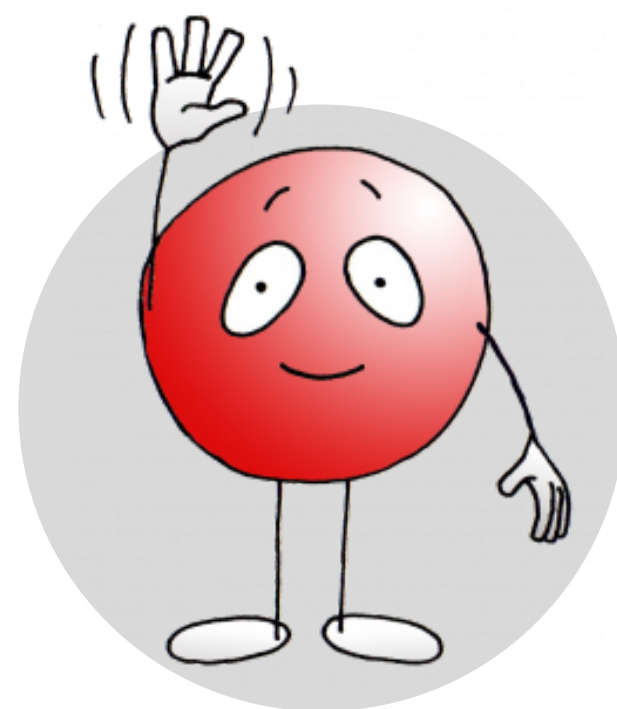
dots is a mindfulness curriculum for children aged 3-6 in schools, pre-schools, nurseries or other educational organisations.

“

They can do dots if they're too worried... I like it because it calms me down when I'm really angry”

 student

MiSP
MINDFULNESS
in SCHOOLS
PROJECT



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7-11 year olds

Paws b [pause be] is a leading mindfulness curriculum for children aged 7-11.

Options include twelve 30-minute lessons or fewer, longer sessions if preferred.



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“It helped when I was angry or stressed about anything. It taught me how to keep calm and relaxed... it is amazing”

 student



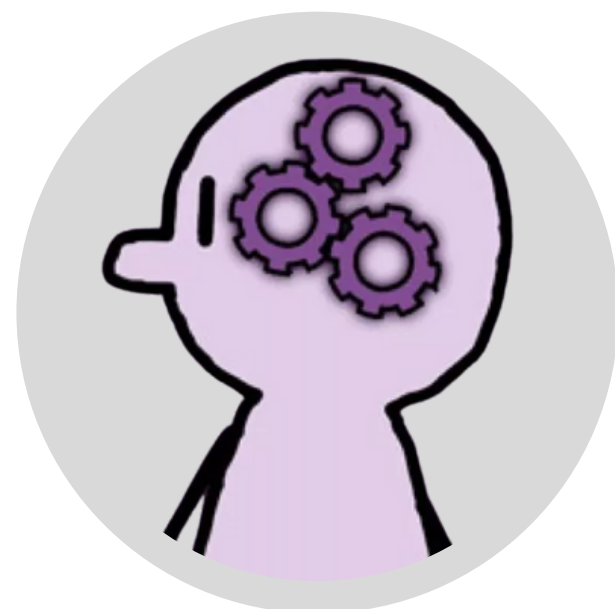
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11-18 year olds

.b (pronounced dot-be) is the UK's leading mindfulness curriculum for 11-18 year olds.

.b stands for 'stop and be', a simple practice at the heart of this ten-lesson course.



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“It's helped me so much with stress and learning to be kind. I have enjoyed it so much and I recommend it to anyone and everyone”

.b student



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.breathe

9-14 year olds

.breathe is a four-session curriculum aimed at the school 'transition' years of ages 9-14.

.breathe explores ways in which mindfulness might support students through this often challenging period.



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“The best thing about doing .breathe was it helped me focus better in my work when I got stressed”

.breathe student



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.begin

Intro for adults

.begin combines the convenience of an online course completed in the comfort of your own home with the intimacy of live, face-to-face delivery. You will be introduced to mindfulness over eight weeks via group sessions of approximately 90 minutes per week.



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“I found the course life –
changing actually, a real gift
to take forward in life.”

.begin participant



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Intro for adults

.b foundations is an 8-week course designed specifically for teachers and adults in the school community who wish to learn the foundations of mindfulness.



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“I loved it. I didn't know what to expect but each week/skill/practice added a new dimension to enhancing my life. Great training.”

 participant



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