

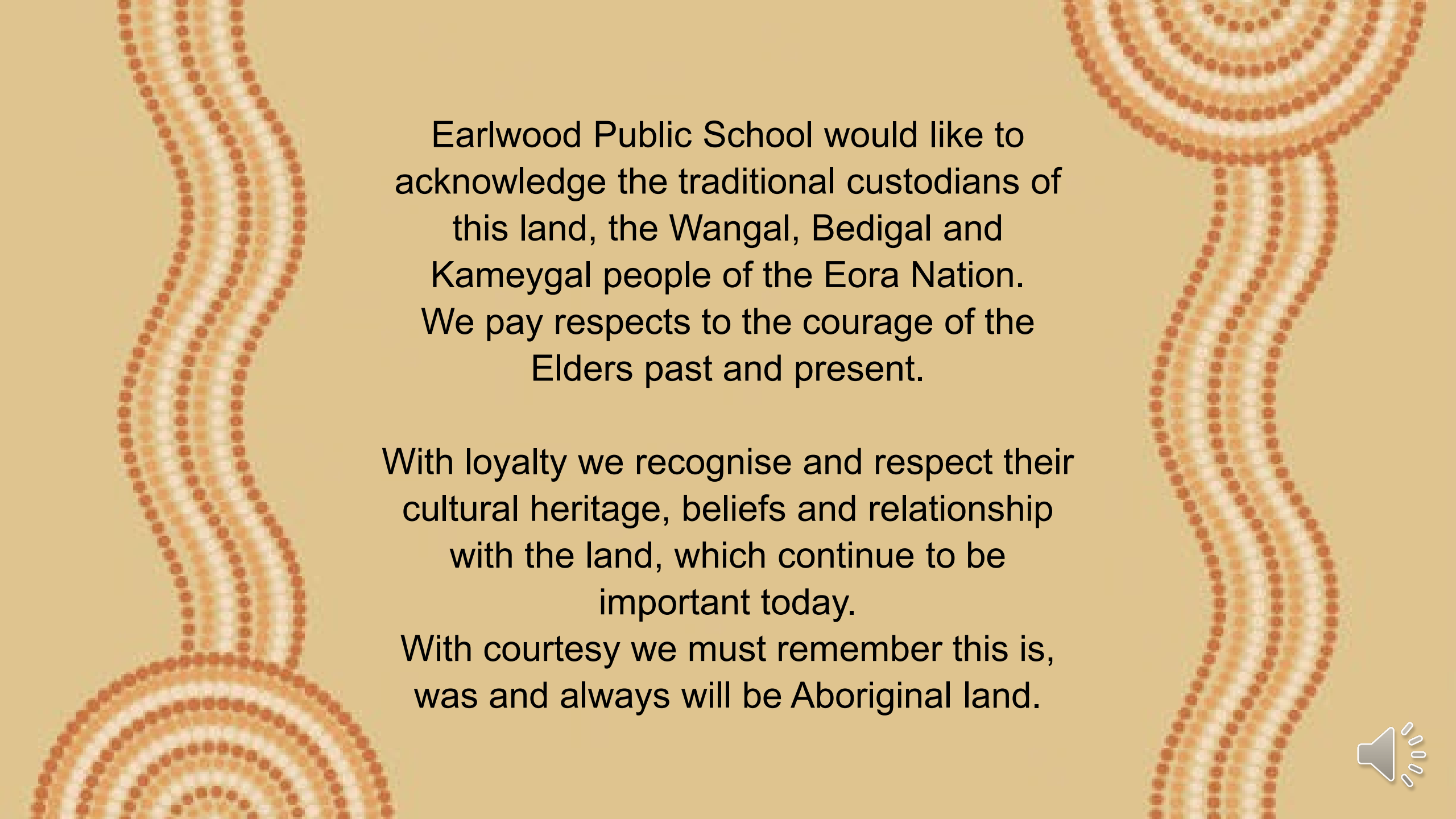
# Parent Information Session on Mindfulness



Earlwood Public School  
Tuesday 14<sup>th</sup> September 2021

Hosted by:  
Debra Gardner & Toni Lukacs





Earlwood Public School would like to acknowledge the traditional custodians of this land, the Wangal, Bedigal and Kameygal people of the Eora Nation. We pay respects to the courage of the Elders past and present.

With loyalty we recognise and respect their cultural heritage, beliefs and relationship with the land, which continue to be important today.

With courtesy we must remember this is, was and always will be Aboriginal land.



## A little about me:

1. Teacher / Assistant Principal
2. LaST / Wellbeing Coordinator at EPS
3. Led the implementation of Mindfulness and Well being initiatives Worry Woos, social skills, Bullying No Way
4. Completed Small Step Anxiety program
5. Peaceful Kids Facilitator
6. Graduate Smiling Mind Leadership program
7. Parent



# What is Mindfulness



**Mindfulness  
is like gym  
for the mind**





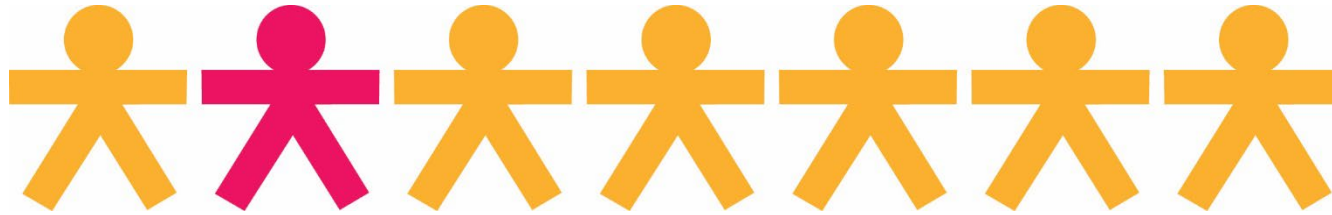
Why We Need

**MINDFULNESS**

in Schools



# Children's mental health and wellbeing



- Mental health across the lifespan has been identified as a national priority.
- Estimates suggest mental health difficulties affect 1 in 7 Australian primary school children.

(Sawyer et al., 2000; Australian Health Ministers, 2003)







# A national priority

- Only 1 in 4 children with a mental health difficulty receives help.



(Sawyer et al., 2000; Australian Health Ministers, 2003)



# Mindfulness contributes to...

Improving  
student mental  
health and  
wellbeing

Reducing mental  
health difficulties  
among students

Increasing  
support for students  
experiencing  
mental health  
difficulties



## Children who exhibit these characteristics may benefit from Mindfulness

- Perfectionism
- Chronic worries
- Avoidance of situations / activities
- Fear of separation from a parent
- Talking about their worries
- Needing a lot of reassurance
- Afraid of taking risks
- Poor emotional resilience
- Taking a long time to recover from hardships such as conflict with friends
- Over catastrophising
- Over compliant / quiet
- Withdrawal of social situations
- Physical symptoms – tiredness, tummy upsets, sickness, headaches
- Reluctance to perform / talk to group
- Difficulty concentrating on a task
- Sleeping difficulties
- Restlessness / on edge
- Intrusive thoughts
- Hating uncertainty
- Looking tense / concerned / weighed down / unhappy



# Mindfulness can be beneficial for learning

Mindfulness provides important skills to help young people engage and participate in learning in two ways:



01

**Mindfulness can reduce emotional distress, settle and calm students and reduce behavioural challenges.**



02

**Mindfulness enhances and strengthens the areas of the brain that are involved in learning, thinking and memory.**



# Mindfulness in times of crisis

While mindfulness is designed to be a practice that is beneficial to practise regularly, it can also be a really useful tool when you or your child might be experiencing specific challenges.

01

## Anxiety or panic

If your child is experiencing anxiety, mindfulness practice can be used to reduce the physical activation that often is experienced with anxiety.

A body scan (The bubble journey) or visualization (The wish tree) can be great meditations to use when you need to calm down.



02

## Sleep

If your child is experiencing difficulty with sleep, it is important to develop a routine that is calming before bed.

Playing a meditation before bed is a great way for children to wind down and get ready for sleep. There are many sleep meditations in the app.



03

## Disruptive behaviour

Acting out and disruptive behaviour can sometimes be a symptom of other emotional reactions and responses.

Supporting your child to develop the skills to manage their emotions and behaviour is important and regular mindfulness practice can help with this. Regular mindfulness will help your child learn how to be aware of their thoughts and feelings and can help them to learn how to manage their own feelings. Start with meditations that focus on emotion awareness (body scan or emotion awareness meditations).



MINDFULNESSES

in the classroom





# SmilingMinds

## Mindfulness in the Classroom

The Smiling Mind Education Program is mapped to the curriculum and designed to support teachers to bring mindfulness into the classroom. All our lesson plans are tailored to each age level across K-6.

The SmilingMind Education Program has been proven to help students with sleep, wellbeing, managing emotions, concentration and school behaviour including reductions in bullying.

The Program also assists with:

- stress management
- increased resilience
- increased creativity
- better decision making
- a sense of calm, clarity and contentment





# Mindfulness at Earlwood Public School

- Mindfulness and Wellbeing are priorities in our School Plan
- All staff have participated in professional learning regarding the benefits of mindfulness
- Staff meetings incorporate a short mindfulness activity
- All classes implement the same focus lesson over two weeks
- Mindfulness activities are included in weekly homework grids









**MINDFULNESS**

**LEARNING**

- FROM -

**HOME**



# Download the Smiling Mind app today

The free app is available through the App Store or Google Play and can be downloaded on your phone, iPad and computer for your personal use.





Thrive Inside

Our free app

In schools

At home

At work

Mindfulness

About us

Give

Login/Sign Up



# Explore mindfulness through creativity

<https://www.smilingmind.com.au/>



# So, get started

To set up a regular meditation practice with your child at home, we suggest:



01

## Having a regular time of day for your meditation practice

The start or the end of the day are often good times



02

## Setting up a regular, quiet meditation space within your home

Sometimes the bedroom is the best place for this



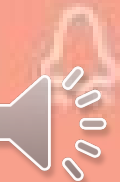
03

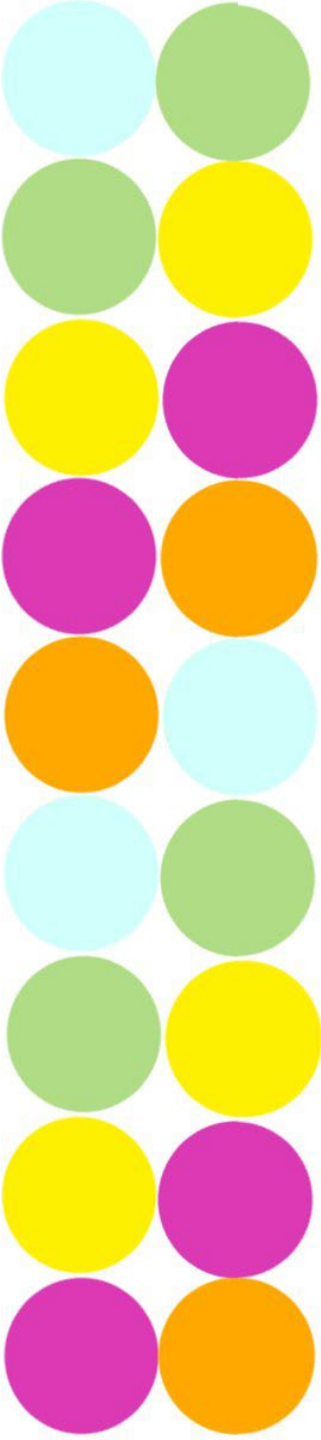
## Practising sitting down on a chair or cushion with your child before beginning the meditation



04

## Practise taking three deep breaths before starting the meditation





# Mind Full to Mindful



Mind Full, or Mindful?






**KEEP  
CALM  
AND  
BREATHE  
DEEPLY**



## Parent Mindfulness Session Term 3 2021

 debra.gardner3@education.nsw.gov.au (not shared)  
[Switch account](#)



Did you find the session informative?

- Yes  
 No

Do you feel Mindfulness is important to teach to children?

- Yes  
 No

Will you use the Smiling Mind APP in the future?

- Yes  
 No

Would you like more information about well-being and mindfulness included in the school newsletter?

- Yes  
 No

**Submit**

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