

HEAD & HEART
mindfulness



MINDFULNESS IN-SCHOOL PROGRAM

Head and Heart Mindfulness will be facilitating its 'Be Calm, Be Happy' framework and mindfulness program in your school this term. *Head and Heart Mindfulness* is a local business that are passionate about training young minds to deal with difficult situations and focus on the positives in life. We aim to create calm minds and happy hearts for children and adults.

The programs taught by *Head and Heart Mindfulness* intend to enhance the wellbeing and mental health of students by teaching them the skills and ways of thinking associated with mindfulness, meditation and heartfulness. The content delivered in each lesson has been chosen based on 40 years of evidence-based research and 10+ years of neuroscience into the effectiveness of mindfulness.

All *Head and Heart Mindfulness* teachers are trained and experienced primary school/early childhood teachers and mindfulness educators.

Head and Heart Mindfulness wellbeing programs address:

- Anxiety, stress and worry
- Concentration, attention and memory issues
- Emotional intelligence and self-regulation
- Gratitude, kindness, generosity, empathy and compassion
- Positive classrooms and homes

Mindfulness benefits include:

- Improved brain function in areas that are responsible for feelings of happiness; attention and concentration; decision making; problem solving; compassion and resilience
- Prevention and reduction in feelings of stress, anxiety and depression
- Improved resilience
- Improved working memory
- Increased positive thinking, feelings and emotions
- Enhanced wellbeing

Please visit the website, <https://www.headandheartmindfulness.com.au/primary-schools>, to learn more and download the *Head and Heart Mindfulness* Parent Information pack. It contains helpful information on mindfulness and practical tips and resources for you to use at home.

Kind regards,

The Head and Heart Mindfulness Team

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Calm minds • Happy hearts



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PARENT INFORMATION BOOKLET



Be Calm, Be Happy

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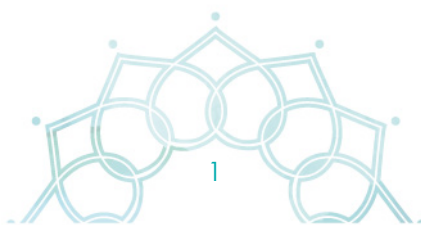
Who are Head and Heart Mindfulness, and what is our aim?

Head and Heart Mindfulness was founded by Kylie Humphreys, a primary school teacher living and working in Maitland NSW.

Kylie and her team aim to give children the skills to deal with difficult emotions and remain mindful in everyday life.

We provide fun, meaningful and exciting lessons that teach children how to enhance their learning readiness, and their ability to focus and concentrate whilst learning.

Our quality programs integrate mindfulness, meditation and heartfulness to improve childhood mental health and wellbeing, self-regulation, attention and concentration and empower our youth to experience a greater sense of calm and happiness throughout their lives.





Our Teachers

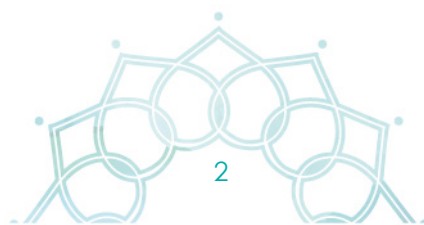
Meet our teachers! Our staff that work in schools and preschools are all university trained Early Childhood, Primary or Yoga teachers and each have 10-15 years experience of working with children.

Our teachers have all completed extensive mindfulness training to bring quality mindfulness education to children in preschools and primary schools. They all personally practise mindfulness to help support their own mental health and wellbeing and their families also.

Collectively, our Head and Heart Mindfulness teachers are extremely passionate about what they do! They believe it is a privilege to teach children and equip them with the essential life skills of mindfulness, meditation and heartfulness to support them in learning to cope, accept, slow down, have self-compassion and connect with the present moment. Our programs allow children to live life with a greater sense of calm and happiness – now and into the future.

Training: All of our teachers are trained Mindfulness Educators and are qualified to teach mindfulness to children of all ages.

As teachers, we view ourselves as life-long learners and are constantly researching and undertaking short courses to improve our knowledge, understanding and skills in teaching mindfulness to ensure that we are offering the best to your children to enhance their wellbeing.



What we teach

Our framework and programs incorporate:

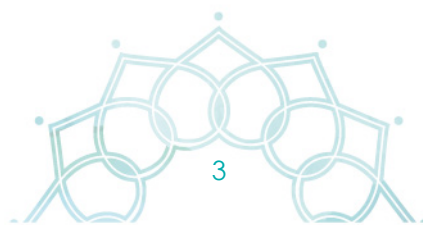
Mindfulness means being aware of the present moment and noticing our thoughts, feelings, bodily sensations or surrounding environment, in that moment, in an open and non-judgemental way. For children mindfulness is noticing what is happening right now. What you're seeing, hearing, thinking, feeling, smelling and tasting.

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Meditation is a technique that is used for resting the mind. It is not part of any religion. The meditation technique used by Head and Heart Mindfulness is guided visualisation. This is a gentle but powerful technique that focuses and directs the imagination in powerful ways.

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Heartfulness is a term derived from whole-heartedness. The qualities that comprise heartfulness include kindness, gratitude, generosity, compassion and other similar qualities of the heart. When practising heartfulness we include a heartfelt and warm relationship and sense of empathy to whatever is happening in the moment.





Benefits of mindfulness

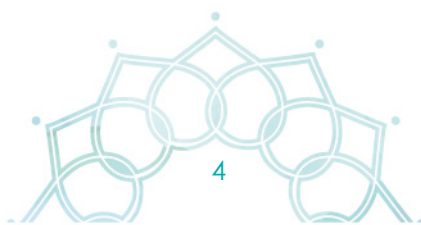
There are many benefits of mindfulness.
Research has proven that mindfulness for children:

Improves focus and concentration

**Improves self-regulation and compassionate
attitudes and behaviours**

Decreases stress, anxiety and depression

As educators we also see the positive outcomes relating to relationships,
behaviours, decision making, self-esteem and self-worth.





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Be Calm, Be Happy

Early Childhood

Mindfulness, meditation and heartfulness for children

MINDFUL MOVEMENT
MINDFUL LISTENING
MINDFUL LOOKING
MINDFUL SMELLING
MINDFUL TOUCH
GRATITUDE & KINDNESS
MINDFUL BREATHING
GUIDED VISUALISATION
POSITIVE THINKING





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Be Calm, Be Happy

Primary Years

Mindfulness, meditation and heartfulness for children

15 Minute Lesson Structure...

GRATITUDE

MINDFUL MOVEMENT

MINDFUL LISTENING

MINDFUL BREATHING

CURRICULUM LESSON

POSITIVE THINKING

CHALLENGE





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Primary Years

Mindfulness, meditation and heartfulness for children

30 Minute Lesson Structure...

GRATITUDE

MINDFUL LISTENING

MINDFUL BREATHING

CURRICULUM LESSON

MINDFUL MOVEMENT

GUIDED VISUALISATION

POSITIVE THINKING



Mindfulness tips for your home

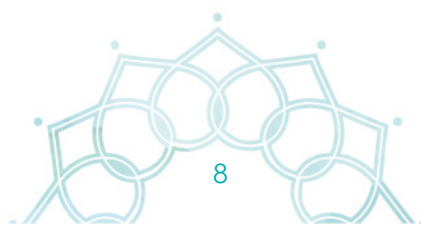
By incorporating small elements of mindfulness into your home, your children's sense of calm and happiness may be further increased. Here are some ideas and activities that you may like to implement. They only need to last 5-10 minutes – this will still have a great impact!

Morning routine

- Yoga and stretching - a simple sequence of approx. 6 stretches
- Mindful movement - any form of exercise
- Positive thinking and affirmations – see our Positive Thinking cards at the bottom of this booklet
- Mindful breathing – see the mindful breathing cards on our website
- Heartfulness and setting of kind intentions – send kind thoughts to someone and plan for how to be kind during the day

Evening routine

- Yoga and stretching - a simple sequence of approx. 6 stretches
- Gratitude practise – discuss what you are thankful for and what makes you feel happy
- Mindful breathing – see the mindful breathing cards on our website
- Mindful listening – listen to the sounds that you can hear around you or play relaxing music
- Guided visualisation/ meditation – read or play a story that promotes relaxation of the whole body, deep breathing and directs the mind in positive ways (see Relax Kids resources)



Examples of Mindful Breaths

Deep Belly Breathing Place your hands on your belly whilst you breathe. As you breathe in, notice your belly rise and as you breathe out notice your belly fall.



Finger Breathing Hold one hand up with your fingers spread out. Trace around this hand with a finger from the other hand. Start at the bottom of your pinky. As you trace up each finger you breathe in and as you trace down each finger you breathe out.



Candle Breathing Hold one hand up with your fingers stretched out wide. Take a big breath in and blow one of your fingers as if it were a birthday candle. Fold that finger down. Blow down each finger/candle down one at a time.



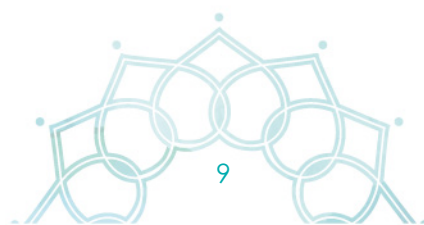
Waterfall breath As you breathe in, gently lift your hands in a straight line up above your head. As you breath out, wriggle your fingers and move your hands down towards the ground whilst making a soft 'shhhhh' sound.



Bee Breath Take a deep breath in then place your fingers tightly over your ears and make a 'buzzzz' sound as your breath out.



Feather Breathing *(you will need the prop)*. Holding onto a feather, take a deep breath in and then blow the breath out onto the feather



Examples of Mindful Moments

Mindful Listening

Close your eyes and sit very still.
Focus your awareness on any sounds that
you can hear within your body and around you.



Breathing Buddy

Lay down on your back and place a small toy or object
on your belly. As you breathe in and out, notice the toy
or object moving up and down.



Generosity

Close your eyes and think of someone you would like
to be generous to. Imagine that you are helping them
or giving them something to make them happy.
Notice how this makes you feel.



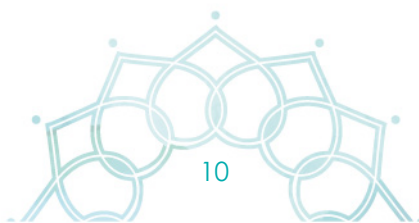
Mindful Looking

Choose an object, any object, to really look at.
Notice the colours, shapes, patterns, lines etc.
Focus your awareness on this object.



Mindful Touch

Give yourself a hand massage.
Try hard and soft pressure.



Positive Thinking Cards

I
am
creative



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I
am
trustworthy



HEADANDHEARTMINDFULNESS.COM.AU

I
am
joyful



HEADANDHEARTMINDFULNESS.COM.AU

I
am
friendly



HEADANDHEARTMINDFULNESS.COM.AU

I
am
loved



HEADANDHEARTMINDFULNESS.COM.AU

I
am
calm



HEADANDHEARTMINDFULNESS.COM.AU

I
am
special



HEADANDHEARTMINDFULNESS.COM.AU

I
am
full of
energy



HEADANDHEARTMINDFULNESS.COM.AU

I
am
bright



HEADANDHEARTMINDFULNESS.COM.AU

I
am a
great
person



HEADANDHEARTMINDFULNESS.COM.AU

I
am
reliable



HEADANDHEARTMINDFULNESS.COM.AU

I
am
kind



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Head and Heart Mindfulness offer a range of mindfulness products to assist you in nurturing a calm mind and happy heart for your family.



**Be Calm, Be Happy - 30 Day Mindfulness Workbooks
for Women, Men and Children, and Gratitude Journal**



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RESOURCE LIBRARY**



Mindful Living
ONLINE LEARNING



FREE Printable Mindfulness Cards

Visit our website to access copies of our Head and Heart Mindfulness Breathing Cards and Mindful Moment Cards
<https://www.headandheartmindfulness.com.au/shop>