



MINDFUL TEACHING

Mindful Teaching

committed to bringing mindfulness to pupils, staff and the wider school community

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Testimonials on teaching pupils in Primary Schools

From a teacher

- "Fantastic experience – the children loved it. They have gone home and talked about with family and friends have started to adopt this approach independently."
- "The course introduced the children to ways of understanding their own feelings, how others feel, the neuroscience involved and strategies for helping them focus"

From Y5 children

- "I learned how best to deal with bad experiences"
- "I really liked learning about the different parts of the brain and learning how they all work"
- "I would like to learn more mindfulness because I think it's fascinating and I think there should a club"

From a parent

- Q Has your child talked to you about what we have been learning on the **PawsB** course?
- A "Yes - We have been given hour long demonstrations about how to use breathing techniques to relax and then calm the mind. She has talked at length about what mindfulness is and how we can be more mindful!"

Testimonials on teaching pupils in Secondary Schools

Support in exams

"when I had a maths test I didn't have much time so I did a finger breathing and ended up finishing the test"

"in a test and I was panicking but I did counting the breath"

Sleep

"it helped me with my feelings and sleep and worries massively"

"I often can't sleep and dotbe really helps"

Coping with Difficulty

"very inspiring and helps me get through tough times"

"I got angry and did a dotbe and it calmed me down"

"when I am feeling upset, angry or stressed, I do a .b or a FOFBOC"

Concentration

"in exams; it helps me concentrate and not stress"

"it helps me concentrate better"



Sport, drama, music

"I used it when I was about to play a piece on the piano in front of a crowd"

"we were losing 2-1 then I did a dotbe and I scored and we won 3-2"

Relationships

"my younger brother took something from my room and instead of getting angry I did a 7/11 and he gave it back because I didn't react"

"I liked learning about 'befriending the difficult' because usually I sometimes get stressed with stuff like homework so it really helps"

"it has helped me when I am stressed and worried"

Testimonials on training school staff

- "It is already proving very useful in daily life. I am finding that my anxiety levels are a lot lower and I am able to respond to stressful situations rather than reacting to them. I am sleeping better and I am much more aware of what is 'going on' inside me and how I am holding myself. My head is clearer and I feel less overwhelmed by situations."
- "Mindfulness has given me practical exercises to do which means my thoughts and feelings do not run away with me."
- I now have a way of dealing with stress and anxiety which can lead to happier living"
- "I am able to respond rather than react to stressful situations. That has made a huge difference at work & home."

- "I am in a pastoral role in the school and it is challenging every day. My reactions are massively different now at work and it has had positive effect on my relationships and overall work. The impact of this course is too much to put down paper. How did we ever live without it?"
- "This training has helped me become self-aware which has definitely enhanced my relationship with the children in the classroom"
- "The impact on my teaching work has been in showing patience and kindness to colleagues and how my conversations can offer ease and support."
- "I am enjoying teaching again! I am more able to put the every present 'to do list' in my head to one side and teach the class that is in front of me."

What schools say about us

Teaching and Learning Coordinator, Snaith School

"I would be more than happy to recommend this friendly yet professional service to other schools. The trainer was very happy to address our needs and to work with us on any difficulties we encountered"

Deputy Head, E Yorks primary school

"...extremely professional and supportive throughout her time working with us. She provided an excellent service and was very accommodating ... I would definitely recommend her for any future work."