



BRING MINDFULNESS TO THE CLASSROOM WITH READY TO USE LESSON PLANS

DESIGNED BY A TEACHER WITH 25 YEARS EXPERIENCE

TRY A FREE LESSON PLAN

Improve adults, students and children's ability to deal with stress and anxiety with proven, ready-to-use mindfulness lesson plans.

Take the guesswork out of implementing a mindfulness strategy to help everyone enjoying a happier workplace.

It could be a daunting task to implement mindfulness into your school or workplace if you didn't know where to start...

With these 8 weeks lesson plans there is no need to 'reinvent the wheel' as its content has already been tested with students of all ages.

These detailed lesson plans can be run as an 8 week block-study or you can build your own lesson plans using this material as an inspiration and starting point. Each lesson can run for 30-40 minutes but this can be adapted as needed.

These lesson plans gives you a resource to improve the participants ability to deal with stress and anxiety as well as improve attention and focus and cultivate kindness and empathy.

Each week you will find different activities and practices to engage students in the mindfulness process. In addition audio files are provided to enhance the daily practice.

The lessons are designed by a teacher and complies with the objectives of the curriculum for personal development, including a focus on social and emotional development, personal self-regulation and building resilience- qualities recognised as benchmarks for success in life.

Studies have shown that social behaviour and academic achievement increase significantly among students who have received Mindfulness instruction. Mindfulness has been proven to help children make sense of their emotions and the world around them. In our fast paced world, where the increasing demands of living, places enormous stress on all people, children, teenagers and adults, the purposeful, daily cultivation of connection to self, others and the world around us has been proven to assist mental, emotional and physical balance.

8 WEEKS READY TO USE LESSON PLANS

'Finding Our Inner Anchor' 'Heartfulness'
'Interconnectivity' 'Kindness'
'Letting Go' 'The Body Scan'
'Mindful Eating'
'Mindfulness of Emotions'

40% OFF – LIMITED TIME OFFER

~~\$89~~ USD NOW ONLY **\$49** USD

Eight lesson plans for a complete classroom program, each lesson is between 25-45 mins. Including: 9 Demonstration videos; The Mind-Jar, Breathing, The Body Scan, The Mind-o-meter, Mindful Listening, Connectivity etc.

Click the button below to get immediate access to the 8 week lesson plans with

BUY NOW

TRY A FREE LESSON PLAN

Gently introduce mindfulness to your students with a lesson plan designed by a former teacher with over 25 years experience of mindfulness.

In this **free lesson** students learn among other things the breathing exercise that is a fundamental part of all mindfulness training.

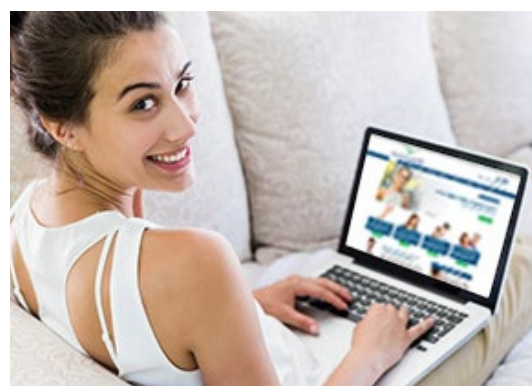
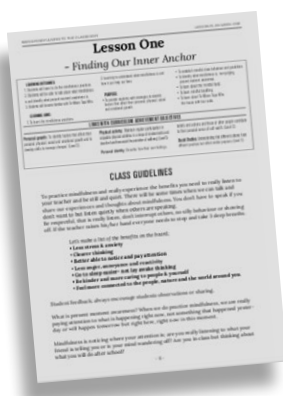
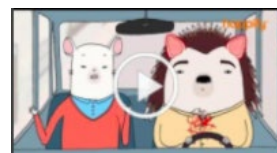
This lesson links with curriculum achievement objectives for:

-Personal growth, -Physical activity, -Personal identity, -Social Studies.

Get this powerful lesson plan for free [HERE](#)

BONUS MATERIAL INCLUDES:

- A Quick Introduction to Mindfulness-ebook,
- Mindful Breathing- A Demonstration Video,
- Three great short animations to reach any resistant teenager.



Add mindfulness Facilitation to your skillset Study 1 hour per day and graduate in 8 weeks.

Study Only 1 hour per day from home to become a Certified Mindfulness Teacher.

Based on Proven & Successful Methods using the Latest Techniques.

Internationally accredited self-paced online course that will provide you with an in-depth understanding of the mechanisms that underpins mindfulness widespread success and application as well as all the exercises that will help you establish your own regular practice and the additional training, tools and resources to successfully guide groups or one-to-one sessions.

TRY A FREE FIRST LESSON

No commitment or asking for payment details.