

## Examples of Mindfulness activities

### *Gratitude Jar*

Examples of things we all have to be grateful for are placed in a jar and discussed one by one as a whole class.

### *Sounds in the Room*

Children sit with eyes closed and are asked to concentrate on the sounds in the room.

These sounds are then discussed along with the emotions they evoke.

### *Rainbow Walk*

Children are taken for a walk and asked to pin point one thing which represents each colour of the rainbow. Teaches children to be mindful of their surroundings.

Notes:

Old Anderson High School  
Lovers Loan  
Lerwick  
Shetland  
ZE1 0BA

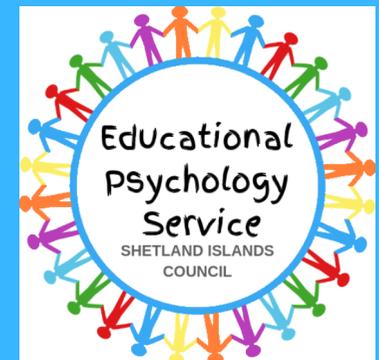


Tel No. 01595 745588  
Email: [psychological.service.admin@shetland.gov.uk](mailto:psychological.service.admin@shetland.gov.uk)

# ZEN Schools

A Mindfulness Based Approach

"Mindfulness is the practice of focusing awareness by paying attention to the present moment with openness, curiosity and without judgement"  
(Jon Kabat-Zinn)



**ZEN Schools** is a resource pack developed by the Educational Psychology Service in order to promote the use of Mindfulness based approaches in schools across Shetland.

### What is Mindfulness?

Mindfulness involves paying attention, on purpose, to the present moment with curiosity and kindness.

### How will we do it?

Teachers trained on Mindfulness based approaches by the Educational Psychology Service will deliver a taster session to parents and look for parental consent to teach these approaches to children.

Children will then be taught about Mindfulness by their class teacher and lessons will target the following 6 principles\*:

- **Awareness** - being aware of what you feel in your body during daily life.
- **Curiosity** - the desire to learn more. Makes problem solving easier which can lead to greater possibilities.
- **Kindness** - dealing kindly, gently and patiently both with yourself and others.
- **Acceptance** - a willingness to see things the way they are and therefore, able to experience life more completely.
- **Resilience** - the ability to adapt to stress and adversity.
- **Gratitude** - sharpens our attention for the positive in our lives, which helps us appreciate that which we take for granted.

\*When, and if needed, work with individual children can also happen.

## Why Mindfulness in schools?

- Settles and focuses children at the beginning of class.
- Strengthens and develops cognitive skills related to learning e.g. attention, concentration.
- Provides an awareness of thoughts, emotions and behaviours and how to self-regulate.
- Promotes well being and positive mental health.
- Provides a calmer and more peaceful environment.

