



## **Introducing Creative Mindfulness**

**The Creative Mindfulness Programme is an accredited programme used to deliver mindfulness experiences and skills to young children in the classroom.**

**The “Creative Mindfulness Kids Method” introduces Mindfulness to children in fun and creative ways. The method promotes positive mental health and wellbeing for children and is linked with the SPHE Curriculum.**

**Using creativity, art, crafts, stories, meditations, visualizations and discussion children learn...**

**how to calm & relax their minds,  
to focus and pay attention,  
to understand & express their thoughts / feelings,  
to cultivate kindness for self & others.**

**BEST are offering schools the opportunity to take part in this programme this year. The course is designed for junior aged classes and is delivered over 6 weekly sessions.**

### **Overview of Sessions**

- 1) The Busy Mind**
- 2) Thoughts like Clouds**
- 3) Everything belongs**
- 4) The Worry Monster**
- 5) Cup of Sunshine**
- 6) Wishing Others Well.**

**The Creative Mindfulness programme is taught in a secular way, outside any spiritual context, with all practices supported by scientific research.**

**The programme is closely aligned with the best practice guidance for Primary Schools and all classes support the implementation of the Wellbeing Promotion Process with particular emphasis on the SPHE strands of “myself” and “self and others”.**

**The 'Creative Mindfulness for Kids' course developer, Louise Shanagher, is a Child Therapist, psychology lecturer and mindfulness teacher. Louise has been working with primary schools for many years and developed a curriculum that can be adapted to link with the Irish Primary Schools SPHE curriculum. The course is accredited by the International Mindfulness and Meditation Alliance (IMMA) and Continuing Professional Development standards (CPD).**

