

Mindfulness: Possibilities in Education

This experiential and interactive taster session explores what mindfulness is, what possibilities it offers and how it is being introduced to adults and young people in education.

What is Mindfulness

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity, kindness and acceptance. Rather than worrying about what has happened or might happen, it trains us to explore and respond skilfully to whatever is happening right now.



Possibilities for Pupils

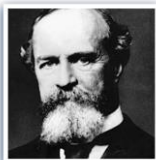
Mindfulness interventions for pupils have shown the potential to improve attention, social skills, academic engagement, test anxiety, and psychological health. At the same time more rigorous research is needed and is now underway.

See Felver et al (2015) to find out more.

Possibilities for Staff

In adults, mindfulness training has been shown to improve health and wellbeing. People report after taking a mindfulness course that they have found they can learn more effectively, think more clearly, perform better and feel calmer and less anxious. GPs are referring adults on 8 week courses to reduce stress & help prevent recurrent depression. It is increasingly being used in business, education and sports training to improve staff wellbeing and satisfaction and improve performance.

See Weare, K (2014) to find out more.



William James

“The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. An education which should improve this faculty [of attention] would be the education par excellence.”

References

- Felver, J. et al (2015). 'Systematic Review of Mindfulness Based Interventions for Youth in School Settings' *Mindfulness*, 6(1)
- Weare, K, (2014) *Evidence for Mindfulness: Impacts on the Wellbeing and Performance of School Staff*. <http://mindfulnessinschools.org/research/research-mindfulness-adults-education/>

