

## **Title of course i.e. Rural Skills**

### **What will I learn?**

How to be in your own space, how to relax, manage stress and difficult situations and enjoy happiness. I will learn about parts of the brain and recognise when I am distracted and how to come back to what I want to do. I will learn new ways of relating to different people and situations. I will learn ways of building my confidence.

### **What will I do?**

Lessons are separated into lively teaching and learning parts and practical mindfulness and meditation activities (where I will be taking part in silent practice) I will not need to talk about anything personal. I will be required to respect the silence and personal space of my peers during practical meditation activities.

### **What will I achieve (Award)?**

Mindfulness in Schools. 'Paws b' course attendance certificate.

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### **Any other information I should know?**

Mrs. Cameron-Lyle would welcome any questions from young people keen to find out more or if the mindfulness and meditation curriculum would be suitable.

<https://mindfulnessinschools.org/>