

Why Introduce Mindfulness to Your School?

What is Mindfulness?

Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skilfully in the here and now to life's inevitable challenges.

Studies of school mindfulness programmes, including MiSP's curriculum, provide evidence that they have the potential to improve some pupils' behaviour, psychological health, and executive functioning, including regulating attention and behaviour.

What are the Potential Benefits?

Thousands of research studies have evaluated the effects of mindfulness training in many contexts, and they identify consistent potential benefits to adults' psychological health and wellbeing, including:

Feeling calmer and more positive

Helping cope with stress and anxiety

Improving concentration and focus

Getting on better with others

What Teachers and Pupils Say About Mindfulness...



It helps our pupils to manage the demands they face and supports them in achieving and sustaining outstanding performance, whilst maintaining a healthy and balanced perspective on life and the resilience to cope with the occasional disappointment.

Mark Nicholson, Head of Religious Studies & Philosophy, Hampton School



Mindfulness allows me not to get overwhelmed – it helps me clear my head and focus so that I can take things one step at a time. It has been brilliant for me.

Charlie, aged 15



"My family have noticed a difference though I still get quite angry – I'm a teenager!"

Neera, aged 13



"I liked how you taught us to spend every moment like it's worth it."

Jay, aged 17

