



LEARNING TO PAUSE, BREATHE, SMILE

New Zealand's locally developed, researched
mindfulness programme for children

READY TO LEARN

We are supporting the wellbeing of our students and providing them with mental skills that they can utilise throughout their lives.

School teaching staff have recently been trained to deliver the evidence-based Pause, Breathe, Smile programme developed by the Mindfulness Education Group and supported by the Mental Health Foundation.

Research of *Pause, Breathe, Smile* shows that the programme:

- Improves focus and attention
- increases calmness
- Enhances self-awareness
- Improves conflict resolution skills
- Promotes pro-social behaviour
- Reduces anxiety
- Significantly increases wellbeing

Across the eight *Pause, Breathe, Smile* lessons students will learn basic mindfulness practices, explore happiness, develop self-regulation skills, be introduced to basic neuroscience, foster kindness and empathy.



Pause, Breathe, Smile aligns with the NZ Curriculum and incorporates Te Whare Tapa Whā as a key element of the programme

Pause, Breathe, Smile is supported by

CALMER KINDER PARENTING



Mindfulness Education Group encourages whanau to get alongside their kids and their school and join the mindful learning journey.

The online course Breathe, is for parents and caregivers to help you learn to slow down, stay present and experience a less stressed out life.

Have a go with your child through the Free Resources page on our website and begin the Breathe Online course using the PARENT discount code.

Guided
mindfulness
practices

BREATHE

An easy to follow
online introduction
to mindfulness for
adults

24/7
access

Self-paced
learning

Six
short
videos



Special Parent's
Price

\$39

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PARENT
upon checkout

'Breathe' is expertly taught by Grant Rix, creator of the Pause, Breathe, Smile mindfulness in schools programme, now running in over 280 New Zealand schools



mindfulnesseducation.nz



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