



# Fulston Manor Mindfulness Teacher Support Guide

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# What is mindfulness?

Mindfulness is a way of living that can help you operate with more intention and meaning in your life. It's more about doing things consciously and intentionally than mindlessly and out of habitual patterns that might not be helping to fulfil your life.

Mindfulness techniques and tools can help you cope with your emotions, understand yourself on a deeper level, reduce stress and anxiety, boost confidence, improve your focus, and help you live a life that feels more fulfilling and authentic to you.



## *Quote*

“What a liberation to realise that the “voice in my head” is not who I am. Who am I then? The one who sees that.” – Eckhart Tolle



## 3 KEY PRINCIPLES

As mindfulness is all about becoming 'MORE AWARE' and bringing yourself into 'THE PRESENT MOMENT', I like to break this down into 3 x simple ways you can help to do this: Breath, focus & movement.



### WHY BREATHING?

Your breath changes dependent on what you're doing, your emotions & your reactions. It's something that is always happening. The breath is a vital process in the body and it's also linked with performance of the brain too. Notice when you're anxious, nervous or feel fearful, your breathing will become short and shallow and mostly sit in the chest, yet when we feel calm and centred, our breathing is much deeper and slower and is a much fuller experience from the stomach all the way up. This is the space we want to be sitting in.

It's one of the main things we can control when we bring our mind to it, meaning we can alter how we feel just through breathing. Take a deep breath now and just notice how you feel.

### WHY FOCUS?

In today's world there is a constant pull for our attention with increasing technological ways, social media, family, friends, education, email alerts, advertisements, other pressures etc.. Meaning it takes a lot for the mind to focus just on one singular thing, unless you practice doing this a lot. How often do people just eat their food, sit in silence, or go for a walk without checking their phone or doing a million other things.

When we practice FOCUSING ON ONE thing, what this can help to do is eliminate all other distractions. If I asked you to just stare at a cup in front of you for 60 secs and close your eyes for 60secs still visualising the cup, it would be very hard to think of anything else. This can help to draw the mind back into the present moment and let go of anything that's not that important.



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### WHY MOVEMENT?

Movement can truly help you to just press reset. How amazing do you feel after a brilliant workout or just taken a stretch to release. Sometimes the tensions in our mind can work into our physical body, notice when your shoulders may feel really tense you may find yourself saying it's because "you're so stressed".. Stopping everything you're doing and just taking a moment to shake / stretch / workout / walk etc can help to bring you back into the present moment, paying attention to your body, and just breaking the chain of what you're already doing and shifting procrastination.

### KEEP IT SIMPLE

Sometimes the simpler the better. When we think of mindfulness we can start to think of long yoga sequences, crystals, candles, big rituals. When really and truly it's just about connecting back to the present moment however that needs to be done. Sometimes it's as simple as just sitting and breathing. There is no right or wrong way, or a hierarchy as to which way to go, but so long as it's bring more peace, calm and presence then you're on the right track.



# QUICK MINDFUL TASKS FOR CLASS

<p>Play calming music before your class enters</p>	<p>Invite your class to take 3 x deep breaths at any point</p>	<p>Get your class to find as many "BLUE" objects around the class in X amount of time to help them refocus</p>
<p>Head on the desk on forearms and close eyes and take 3mins to breath with music playing</p>	<p>A calming essential oil diffusing in the background</p>	<p>Write a positive affirmation 5 x times before class begins</p>
<p>Focus on an object, close eyes and try to visualise the object in the mind for 60 seconds</p>	<p>Affirmation cards on the desk they can have in front of them whilst working</p>	<p>Play a 5min pre-recorded meditation</p>
<p>Stand behind chair as they enter and get the class to set an intention or focus for the class before they sit down</p>	<p>Break up the class with some movement or something totally different to what you're doing</p>	<p>Play a song and take a moment to stretch and release, to break up the class</p>

# BREATHWORK TIPS & TECHNIQUES

## Grounding breathwork:

- Breathe slow
- Either breathe in and out for equal counts (e.g. in for 5, out for 5) or breathe out for longer than you're breathing in (e.g. in for 4, out for 6)
- Make sure it's a full breath (e.g. think stomach, chest, shoulders, shoulders, chest stomach)
- Try to get the pupils to have a straight spine when doing these, however if you know your pupils may have insecurities around doing this in front of one another you could get them to turn to the wall, close their eyes or put their head down on the desk to do it more confidently



## BENEFITS

Helps to regulate and activate the parasympathetic nervous system taking us from 'fight or flight' to 'rest and digest'

Helps to ease feelings of anxiety, uncertainty & stress

Helps to bring back to the present moment, clarity on mind and focus



# PE MINDFUL COOLDOWN TEMPLATE

1

If you have access to music, play some relaxation / calming / spa music to help navigate the energy of the cool down

2

Start in a calming or grounding posture. This could be lying down / child's pose / sat down / standing with eyes closed. This is a good opportunity to use some of the calming breathwork too or just spend a few moments just tuning into the relaxing music

3

Complete the stretches you have planned for your PE cool down with a more mindful approach. Make sure everything is done on the R & L. If it feels appropriate, at some points they can close the eyes to help relax.

4

As you're closing the class, finish in another grounding posture. Perhaps the one you started with. Give your pupils the opportunity the chance to either tune in to the calming music, a short guided meditation or practice some calming breath work. If it's safe and and you're inside. Turning off the lights to help bring the energy down is a great way to start closing a class.

5

Before you bring your pupils back around, you could close the class with a positive affirmation or quote that will help bring more positivity for the rest of the day

6

**\*\*BONUS\*\*** As homework you could get your pupils to bring in a positive quote for the next class, and you choose one or some to read out at the end



# DISCLAIMER

Please note this is simple guide covering prompts we covered in the workshop at Fulston Manor for the present staff on Monday 12th September 2022. This guide is to act as a prompt to help refer back to when needed. This does not qualify or act as a certificate and is guidance to help the teachers become more innovative with ways to bring more mindfulness elements into the school.

It is important to note Nicola Rowe or Actively Alive LTD cannot be held responsible for any classes, breath work or choices teachers make with implementing and continuing to share these holistic practices. It's important that you check with students or take usual school measures with checking medical conditions or breathing problems to make sure what you are teaching is suitable and safe for each individual, or using things like essential oils.

We really hope this can help you to create a more mindful, peaceful school for the students that come through your building and help equip them in life.

Any questions at all, please reach out to Nicola on [info@activelyalive.co.uk](mailto:info@activelyalive.co.uk)