



The **Teach .breathe** course involves a one-day intensive training course. Participants will be taught the .breathe lessons in ‘real time’ by an experienced MiSP trainer. There will be opportunities to discuss the pedagogy of each lesson and how it can best be taught to a group of young people in different settings. The day will also include some longer formal mindfulness practices to help support you in further developing your own mindfulness experience.

During the .breathe course, participants will:

- Explore the science of mindfulness, how the mind reacts to stressors, and how training your attention can help regulate these reactions.
- Participate in exercises and discussions to enhance your understanding of what mindfulness is, what it isn’t, and the potentially positive impact it can have.
- Develop an understanding of the key challenges that young people experience when transitioning from school to school.
- Be made aware of the impact that mindfulness can have as a whole-school approach, and how to implement this for themselves and their school.
- Be trained to deliver the four .breathe lessons to young people in your school which explore:
  1. Working with the capacity of attention; exploring how we can work with a wandering mind.
  2. Why humans worry, and how to support ourselves when we do so.
  3. Sleep – why it is important and what to do if we struggle to sleep well.
  4. Being with others – the opportunities and challenges of working skilfully with friendships and other relationships.

**Full course details – please read the full course description at:**

[Teach .breathe - an introduction to mindfulness \(mindfulnessinschools.org\)](https://mindfulnessinschools.org)

### **Further Details**

**Presenters:** The course will be presented by Claire Kelly and Jem Shackleford from Mindfulness in Schools Project (MiSP).

**Claire Kelly** oversees all curricula and training and continues to create new content. She also liaises with international partners and frequently speaks publicly on behalf of the charity. Having been at

MiSP since 2012, Claire still delivers training and speaks regularly with schools and stakeholders to promote MiSP's charitable work.

**Jem Shackleford** has been practising meditation for many years and teaching mindfulness for over eight years. Jem's background is in secondary school teaching and the use of mindfulness to improve wellbeing in education.

### Training Platform

MiSP deliver the course via Zoom and require that participants attend the training:

- in a quiet space with no expectation of interruption
- having checked all technology is working to a quality that allows for full engagement with the taught course.  
NB: Participants will be expected to keep webcams **on** during the course.
- away from any distractions, and fully committed to engaging in all taught sessions and activities

### Course Prerequisites

- Unlike other MiSP curricula, it is not required that those training to teach *.breathe* have an existing mindfulness practice, but it is crucial that they are willing to engage in introductory mindfulness practices both during the Teach *.breathe* course and beyond.
- Guidance and support on this practice will be given both during and beyond the Teach *.breathe* course.
- Experience of working or volunteering with groups of children aged 9-14 years of age is essential as Teach *.breathe* is not a course which teaches the classroom teaching and management skills needed when working with groups of young people.
- Optional: For participants that are new to mindfulness, we would also encourage attendance at our online taster sessions, and deepening understanding of mindfulness through reading and following the practices in *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* prior to attending the Teach *.breathe* course.
- For full details of the prerequisites, please visit [Prerequisites for Teach .breathe Training | Mindfulness in Schools Project](#).

### Course outcomes/ benefits of taking part

At the end of the training day, participants will hopefully feel nourished, confident and ready to teach the *.breathe* curriculum to young people. They will also be part of a network of **.breathe** teachers, supported by Mindfulness in Schools Project and will leave with access to all the materials they need to teach the course in the classroom.

Once participants have trained to teach any MiSP curricula, they will have 6 months of automatic access to **The Hub**, from which they can download all the resources associated with that curriculum.

MiSP continues to develop **The Hub** with updated versions of the curricula and additional resources are added on a regular basis.

Hub membership provides:

- Support for your mindfulness practice – with access to MiSP regular Hub Sitting group as well as regular newsletters and updates on events and resources.
- Support for your teaching and continuous professional development– with access to MiSP curricula, new materials, expert webinars, top tips and advice, and direct support from the MiSP membership team and you can also feature on our map of trained teachers.
- Support for your school – with access to Class Impact reports, MiSP’s School Development Pathway (2021) and case studies and news from the sector.