

‘.b’ MINDFULNESS PROGRAMME FOR POST-PRIMARY SCHOOLS

AWARE is now delivering the .b Mindfulness programme into post-primary schools throughout Northern Ireland.

What is ‘.b’?

.b, pronounced [dot-be], is the UK’s leading mindfulness curriculum for 11-18 year-olds in schools. Delivered by Frank Liddy, the AWARE Mindfulness Practitioner. .b stands for ‘stop and be’, a simple practice which is taught at the heart of this course.

What are ‘.b’s objectives?

.b aims to help young people:

- experience greater well-being (e.g. feel happier, calmer, more fulfilled)
- fulfil their potential and pursue their own goals e.g. be more creative, more relaxed, academically, personally
- improve their concentration and focus in classes helping them to pay attention and listen to others
- work with difficult mental states such as depression, anxious thoughts and low moods
- cope with the everyday stresses and strains of adolescent life such as exams, relationships and family issues

Why should your post-primary school have ‘.b’?

The Mindfulness in Schools Project has research to support the fact that young people who completed ‘.b’ had significantly lower depression symptoms and stress and greater wellbeing which is associated with improvements in mindfulness, resilience, and wellbeing with these benefits sustained six months later.

Duration:

‘.b’ is usually taught over ten weeks in a session lasting between 40 minutes and 1 hour. However, AWARE can tailor this to suit the needs and budget of your school.

Let’s get you started:

Contact mindfulness@aware-ni.org

Visit www.aware-ni.org

Call Us 028 9035 7820

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What is mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen it trains us to respond skilfully to whatever is happening right now, be that good or bad

Mindfulness for the adults

Did you know, AWARE can also come to your school to deliver mindfulness specifically for teachers and school staff? By doing this, we can help create a school environment open to the practice of mindfulness. Get in touch for more details.



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.