

**MINDFULNESS & MINDSET LESSONS**

**FOR SCHOOLS - FEEDBACK**



**MiniMe**  
**Mindfulness**<sup>®</sup>  
Mindset Coaching 4 Kids

# 'One Click' Online Learning

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Mindfulness and Mindset lessons were prepared to launch for teachers to narrate the lesson and piece together the content from January 2021.

Remote learning was extended until 8th March 2021 - therefore all lessons were switched to 'one click' lessons so that they could be delivered with ease in the classroom or for remote learning at home.

Oscar, age 8 and Tessa (founder of MiniMe Mindfulness®) narrate the 'one click' lessons so that Teachers/Parents/students just needed to click on the lesson to view the content.



# Feedback...

Classroom delivery of the Mindfulness and Mindset lessons online 'Coaching 4 Kids by Kids' commenced on 8 March 2021.

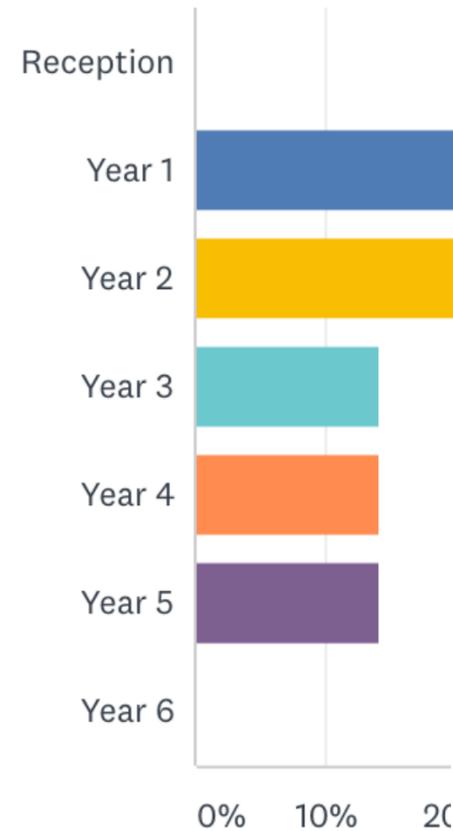
An online survey was submitted to the teachers. There were respondents across 5 year groups.

Most thought that it is **Extremely Important** to include mindfulness and mindset techniques in the school curriculum.



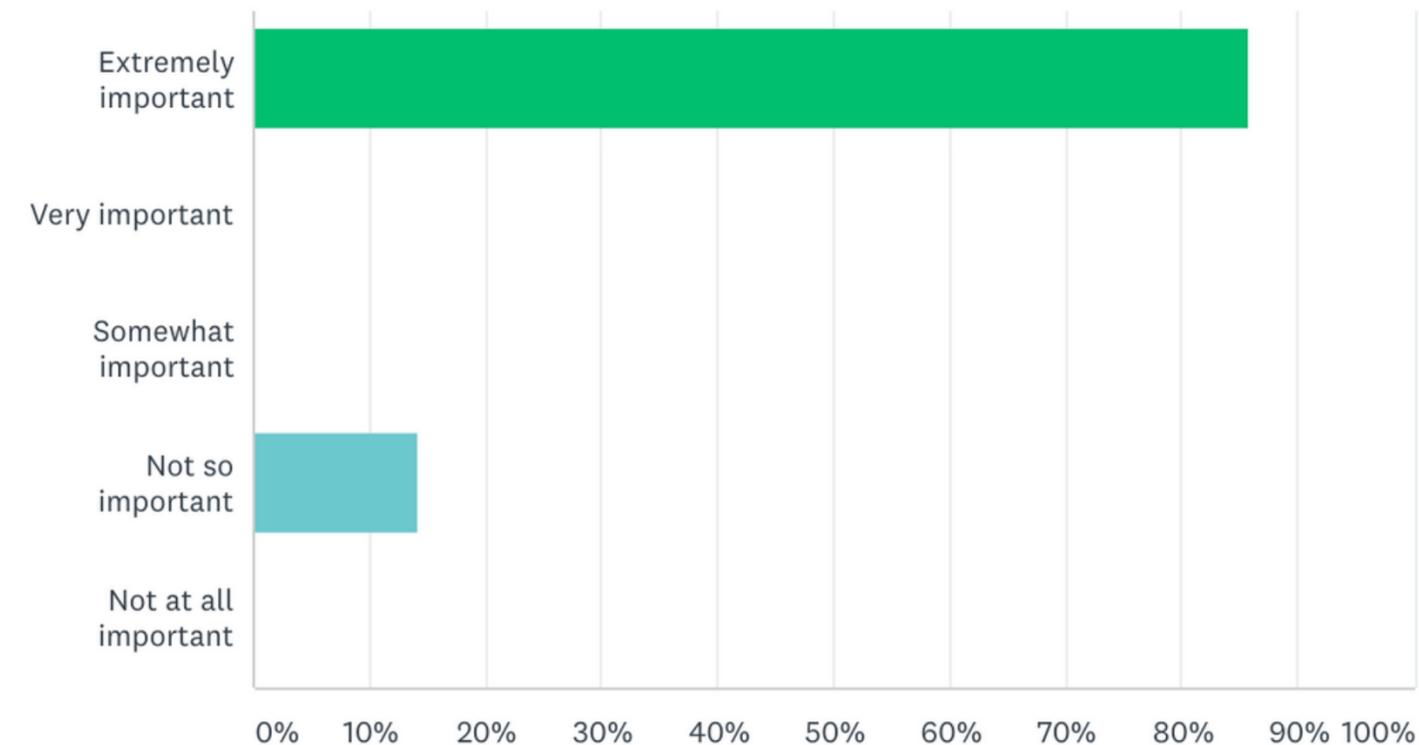
## Which Year Group do you teach?

Answered: 7 Skipped: 0



## Do you think that it is important to include Mindfulness and Mi...

Answered: 7 Skipped: 0



# Feedback...

Everyone agreed that it was Easy to access and navigate the lessons online via the MiniMe Mindfulness® website.

Most teachers found it Very Useful to have the Mindfulness and Mindset lessons prepared for them by MiniMe Mindfulness®.



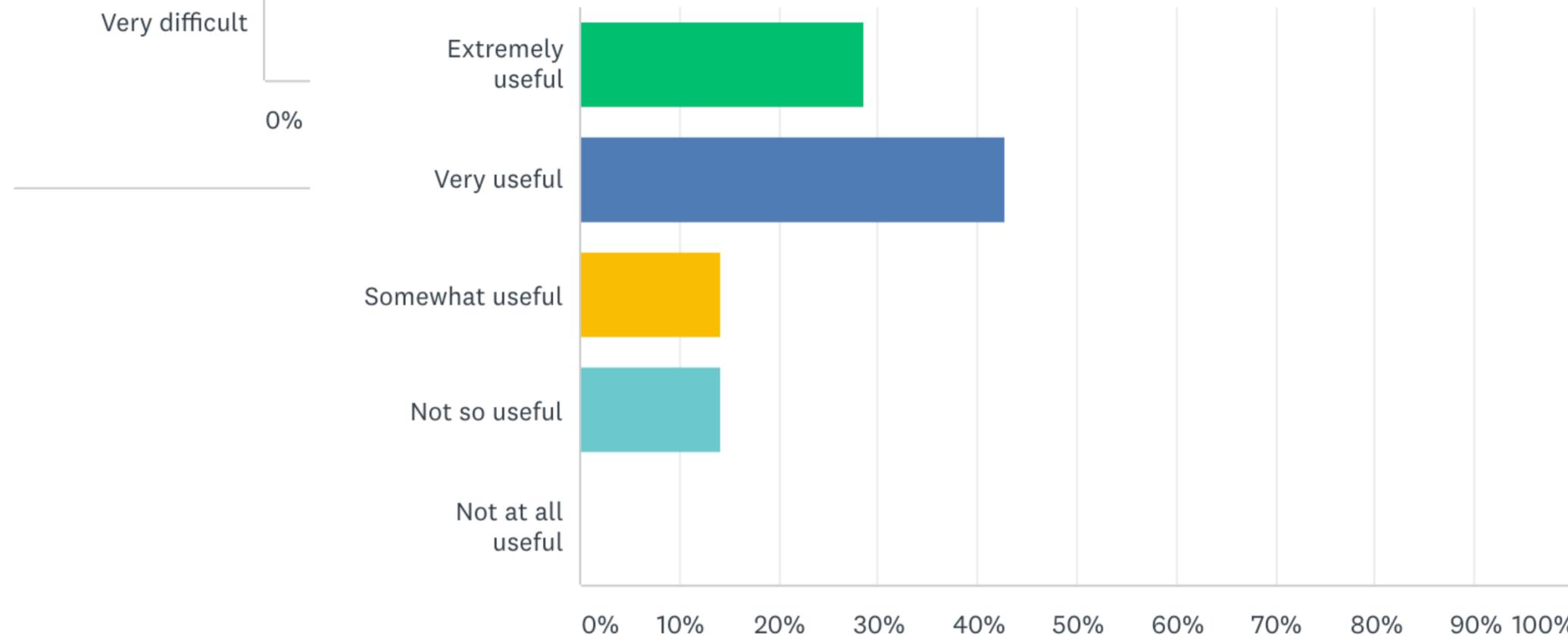
## How easy was it to access the lessons online and navigate the l...

Answered: 7 Skipped: 0



## How useful has it been to have lessons prepared for you by Mi...

Answered: 7 Skipped: 0



# Feedback...

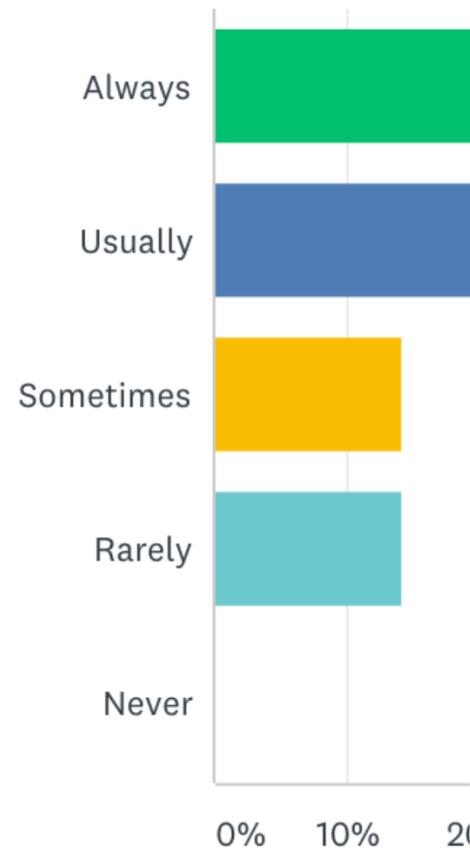
Most teachers agreed that the lessons had the right balance between education and application. Allowing children to gain useful knowledge/skills and enjoy the activities.

It seems that there is a preference for the 'one click' lesson approach.

The 'one click' lesson - with Oscar and/or Tessa guiding the lesson and pulling everything together in one video.

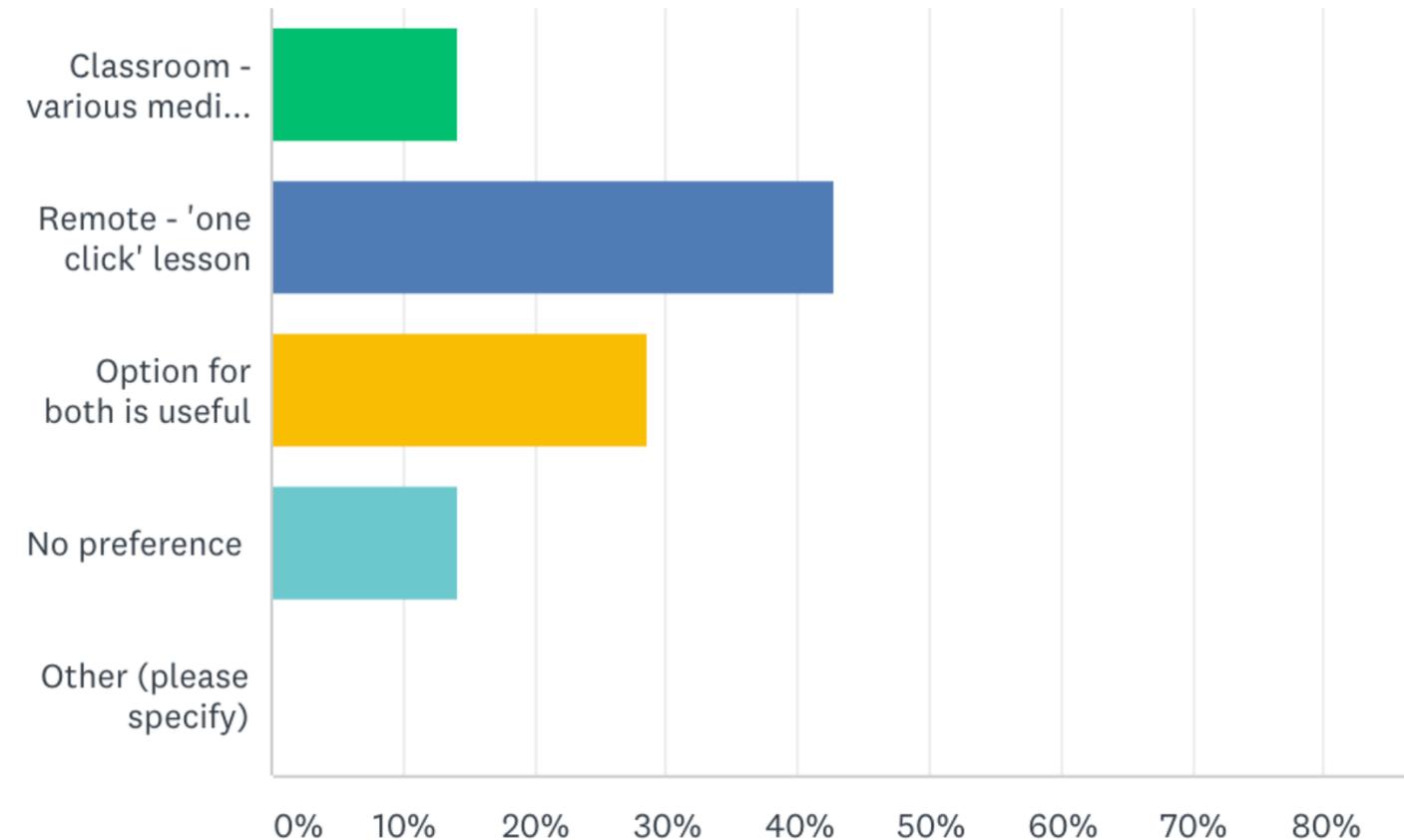
## Did the lessons have the right balance between education and ...

Answered: 7 Skipped: 0



## The Classroom Lessons were prepared for the teacher to click

Answered: 7 Skipped: 0



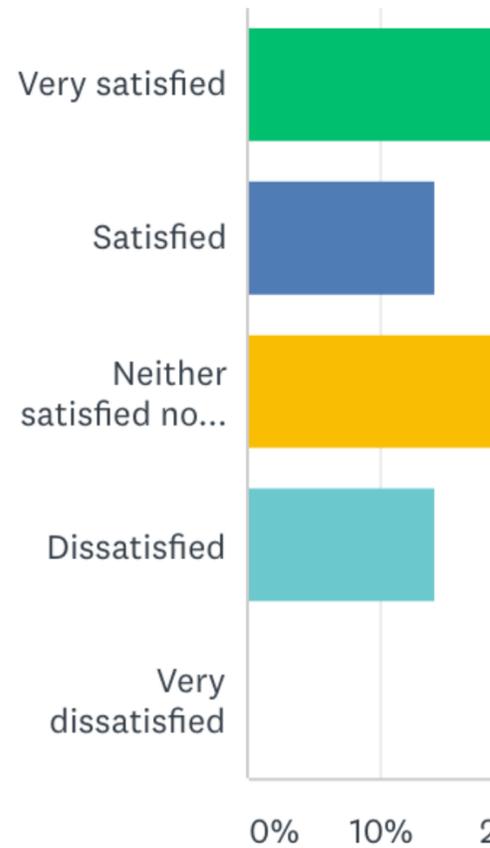
# Feedback...

Most teachers were **Very Satisfied** that the lessons were pitched at the right level and pace for the children to learn and understand.

Most teachers were also of the opinion that peer mentoring (coaching for kids by kids) is **Very Effective** to help increase interest in the subject.

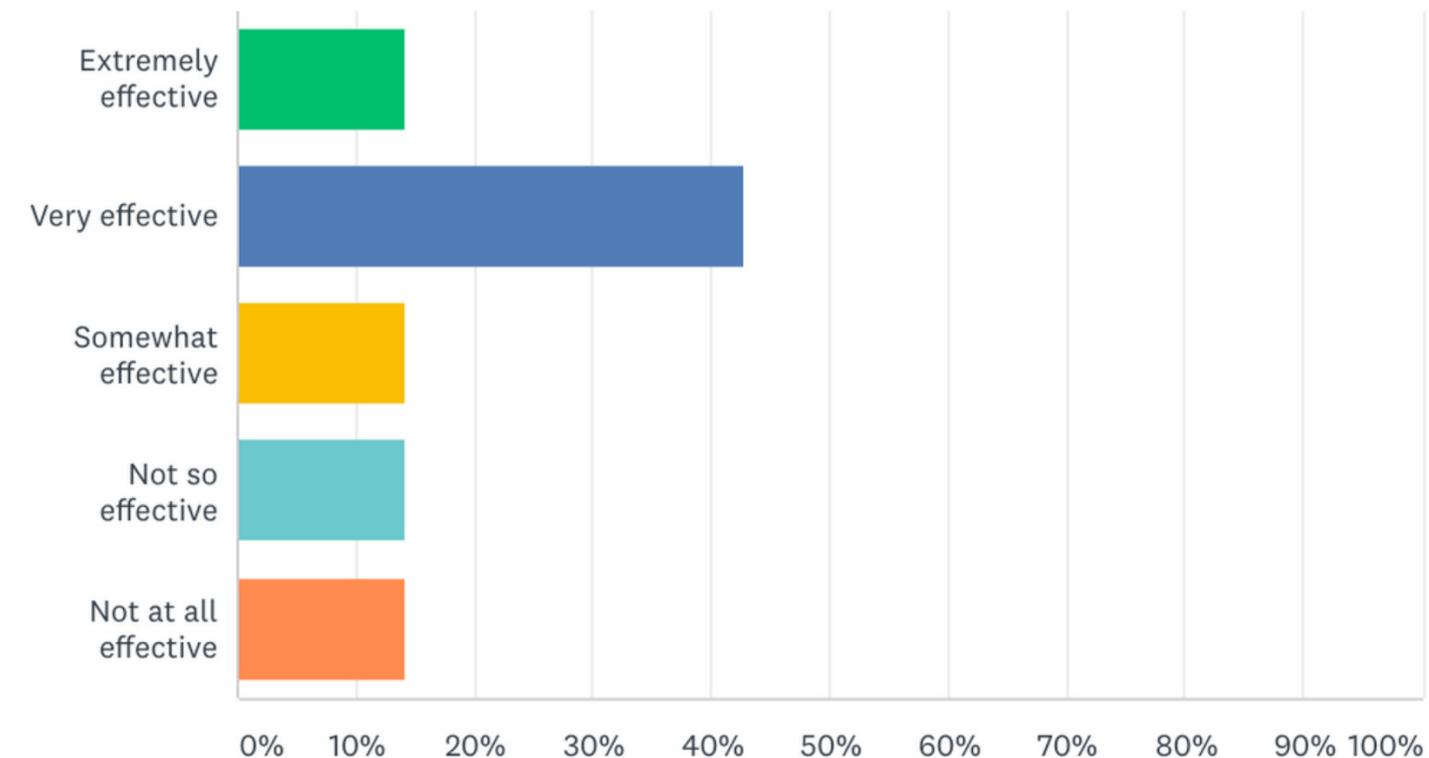
## How satisfied were you that the lessons were pitched at the rig...

Answered: 7 Skipped: 0



## Do you think that peer mentoring (coaching for kids by kids) is...

Answered: 7 Skipped: 0



# Feedback...

Most teachers were Very Satisfied with quality of the content and the delivery of each lesson, including:

- Video
- Audio
- Visuals
- Handouts/Worksheets

Most teachers rated their experience so far with MiniMe Mindfulness® as Excellent.

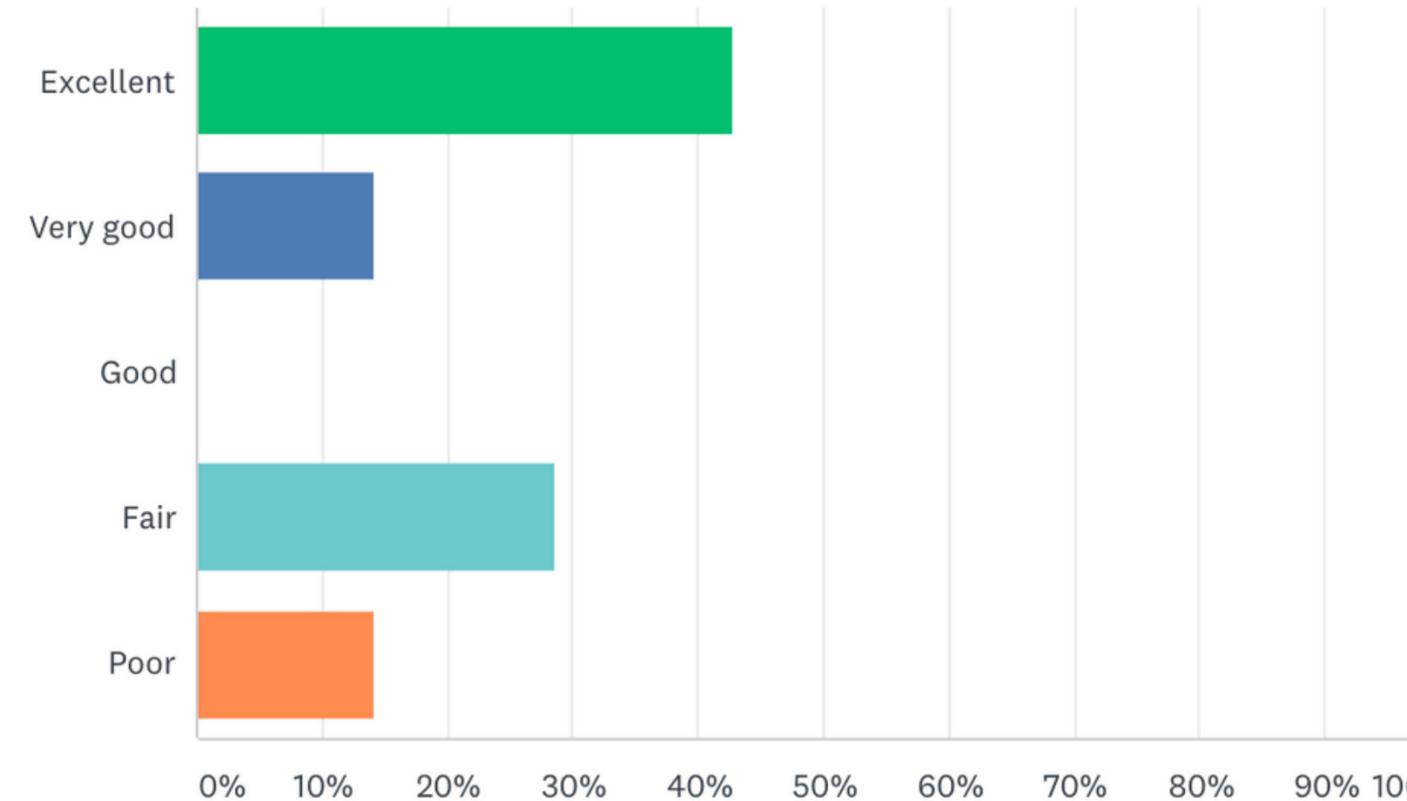
How satisfied were you with the quality of the content and the ...

Answered: 7 Skipped: 0



Overall, how would you rate your experience so far with the Mi...

Answered: 7 Skipped: 0



# YOUNG MINDS



There is a mental health crisis for children and young people. More and more young people are reaching out for help but not enough are getting support.

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- Two thirds of young people could not find support when they first needed it.
- 75% of young people agreed that they had had to manage their mental health on their own when they couldn't find help elsewhere but only 17% felt confident in their ability to do this.
- 71% of young people turned to their friends for help whilst waiting for mental health support
- 77% of young people said pressure to do well at school had had a significant effect on their mental health
- 69% of young people said worrying about how they look had had a significant effect on their mental health
- 90% of GPs agreed that they had seen a rise in the number of young people seeking support for their mental health in the last three years. 4% disagreed.
- Only 10% of GPs agreed that they usually felt confident that a referral to Child and Adolescent Mental Health Services (CAMHS) would result in treatment. More than three-quarters (76%) disagreed.
- Nearly half (47%) agreed that they sometimes acted above their level of competency when supporting young people with mental health problems. 28% disagreed.

# YOUNG MINDS



There is a mental health crisis for children and young people. More and more young people are reaching out for help but not enough are getting support.



**1** MiniMe Mindfulness® teaches Mindfulness and Mindset Techniques to help children create and maintain a healthy mind.

Helping children to build resilience, self-love, confidence and their own internal superpowers. In turn this can reduce stress, worry, sadness and anxiety.

- 2** Easily accessible to all:
- Curriculum lessons for primary schools.
  - After school activities.
  - MiniMe Mindfulness® Journal.
  - LIVE Lessons and support through Facebook.
  - Monthly Webinar to support teachers.
  - Online support for parents.

# Lessons for the entire Academic Year

At MiniMe Mindfulness® we are passionate about helping children with their mental health.

Through the design and implementation of a series of Mindfulness and Mindset lessons which can be seamlessly incorporated into the curriculum utilising online and in person lessons.

Online lessons - led by an 8 year old Mindset Mentor. with one 20 minute lesson each week.

- A complete solution for schools
- No lesson preparation required by teachers
- An all school high standard sequence of lessons in both Mindfulness and Mindset Techniques
- A programme designed by experts
- Online Peer mentoring - coaching for kids by kids (Oscar, age 8)
- Online Lesson plan (Objective, Content, Learning Outcome and Home Practice)
- 'One Click' Video lesson and supporting materials accessed online
- Variations suggested for different age groups

# How many online lessons are there?

- There are 33 lessons available online
  - 11 Mindfulness
  - 11 Mindset
  - 11 Mindfulness & Mindset Activities
- Each lesson is designed to take 20 minutes to 'deliver and do'.
- Based on feedback from schools running the sessions this means that a 30 minute scheduled lesson would be appropriate - allowing time either side to settle down and wrap up the lesson.

# 1 day workshop - 12 week courses

In Person Workshops for Schools\*

Hosted by MiniMe Mindfulness® Mindset Mentors

- 1 day workshops
  - Mindfulness and Mindset Techniques for EYFS, KS1 & KS2
- 12 Week course - a structured programme of Mindfulness and Mindset Techniques - learning, practicing, developing and understanding skills and techniques to develop and assist positive mental health.
- Discounted MiniMe Mindfulness Journals available for purchase on the day or via the school.

\*Dependent upon location

# Before / After School Activities?

In Person sessions hosted by MiniMe Mindfulness® Mindset Mentors\*.

Located in schools and at community venues. Funded by parents.

- Activity based learning
- Games
- Stories
- Props
- Music
- Group Activities
- Individual Tasks

Each lesson teaching a brand new 'superpower'  
Understanding what, why and how to use it!

\*Dependent upon location



# 2022/23 What's New?

Monthly Webinar for Schools participating  
in the online lesson programme

Hosted by MiniMe Mindfulness®

- Explaining what is coming up in the online curriculum of Mindset and Mindfulness lessons
- Answering questions sent in by schools in advance
- Providing an ongoing support
- Monthly updates and communication via email
- 45-60 minutes LIVE via Zoom
- Recorded and distributed to all registered schools

# Support for Parents

Online Support for Parents

Hosted by MiniMe Mindfulness®

- Via Facebook search for 'MiniMe Mindfulness Parent Portal'
- Mindset Mentors share a wealth of information, top tips and inspiration
- Helping to educate and support our parent community with Mindfulness and Mindset techniques.
- Responding to comments/queries and designing content that is relevant and timely based on the needs of pre and primary school children.

# Find out more.....



If you would like to find out more about any of the products and services that MiniMe Mindfulness® have to offer, please get in touch with the Mindset Mentor that introduced you or via our Head Office.

Bespoke packages can be created based on requirements and budgets.

[www.minimemindfulness.co.uk](http://www.minimemindfulness.co.uk)

Email: [info@minimemindfulness.co.uk](mailto:info@minimemindfulness.co.uk)

We look forward to hearing from you.