

*Our current 5<sup>th</sup> Class have been learning mindfulness since 3<sup>rd</sup> Class. They covered the first three lessons of the Paws.b programme in 3<sup>rd</sup> and then the final three lessons in 4<sup>th</sup>. The current 3<sup>rd</sup> and 4<sup>th</sup> are continuing to learn and practice Mindfulness. Here are some of our 5<sup>th</sup> Class' thoughts on the programme:*



*I enjoy mindfulness because it really calms you down. Learning about the brain gives you more of an idea of how it helps and what it does. I remember, in my tennis class, I wasn't doing too well and I had one more try or I was out. So, I did finger breathing while I was waiting for my turn and it was a good clear shot. Another time, I was playing guitar and I couldn't hit the chord so I did some petal practice but I still couldn't get it. Which made me realise that it won't solve all your problems (but it does help). When I came home, I would talk about my day and my family would ask me to teach them mindfulness and I would try, but, it is harder than you might think to be an instructor or mentor of mindfulness so well done instructors.*

*We are living in an increasingly busy world. Often, we are engrossed in one thing or another and getting anxious about unessential things.*

*Sometimes, it is very effective to stop for a while and take a moment to feel your breath. To calm down, slow down. To acknowledge the moment when you have stopped, observed and noted how your mind is.*

*Mindfulness is helpful and is very good to know. Everybody, even myself, gets stressed or agitated every now and again, so I like practising some of the exercises I learned from Paws.b as it helps me a lot! I particularly enjoyed learning the different parts of the brain and their roles.*

*This very lucky experience was very interesting and great fun! It is important that we keep our minds healthy, strong and alert. I think it's a good idea for everybody to learn mindfulness in order to keep our minds attentive.*

*I enjoyed doing the Paws.b mindfulness programme because it helps me when I get angry. I do one of my practices when I get really angry and it helps to calm me down. Also, if I have an argument with a friend I do a practice and it helps me to distinguish whether it is something worth worrying about or not.*

*When I was doing a solo, in my show, I was so nervous but I did a FOFBOC and I was ready to perform. One of my favourite practices is FOFBOC. I think mindfulness is amazing and that everyone should be encouraged to do it.*

*Mindfulness has helped me in my everyday life. It has helped me before tests. Mindfulness also helps to calm me down when I'm too hyper or angry. I use it to help me fall asleep in bed. My favourite practice is the petal practice because it helps me focus on my breathing. It's important to train our minds and keep them healthy so that you can focus and get things done! I really enjoy mindfulness and I believe it will help me in my future.*

*Mindfulness has helped me when I was mad with my siblings, frustrated with homework or when I am nervous. At the start, it was easy for me to understand that our mind was similar to a puppy - always wandering off! I particularly like finger breathing and petal practice because it was much easier to focus on something that was physical and that was moving. I am teaching my sister some mindfulness at the moment.*

*I use mindfulness when I'm worried or nervous. Over the summer, I used mindfulness when I had to participate in a race for my athletics club. I was very nervous because this was my first race in a stadium! Before the 'Under 11's were called I did a quick 'petal practice' to settle my nerves.*

*I also moved to the last lane in swimming and the coach said that we had to swim a length under a minute every time! I was really worried. So, I did petal practice, it really helped me and I swam under a minute!*

*My favourite thing on the Paws.b course was mindful eating! I thought it was really peaceful and I really could taste the food better. My favourite practice is FOFBOC.*

*I find mindfulness really useful before I participate in a horse show or if I'm about to run a race. My favourite practice was 'counting my breaths' and I loved learning about the brain. I taught my grandad some practices and he likes to do them before he goes into hospital. I feel it is really important to look after our minds.*