

DEVELOPING MINDFULNESS AND MEDITATION PRACTICES IN SCHOOLS TO ADDRESS THE LEARNING CONTINUUMS OF THE AUSTRALIAN CURRICULUM

The Australian Curriculum, as well as having traditional learning syllabi (otherwise referred to as disciplines or subjects) which historically generates content across what may be considered ‘subject silos’, are cross-integration ‘continuums’ aimed at developing skills across subject areas. Within the Australian Curriculum, these are also referred to as ‘General Capabilities’.

The Australian Curriculum has seven specified General Capabilities, and though each of these can directly be positively influenced by implementing Mindful Meditation Australia’s programs, Herein are addressed how three General Capabilities are positively developed through mindfulness and meditation.

As this document has been prepared for secondary schools, only Levels 5 and 6 (typically reached by, respectively, year 8 and 10 students) are included. These are taken from the ‘Critical and Creative Thinking’, ‘Ethical Understanding’, and ‘Personal and Social Capability’ learning continuums. For ease of reference, included is the relevant ACARA document.

The specific selection of these has been made taking into consideration that implementation may be made through targeted wellness-based programmes, in addition to integrating classroom practice. Preferences will vary across school settings.

This document is also intended to assist ways of linking outcomes to reporting opportunities.

MMA WHOLE-SCHOOL MINDFULNESS PROGRAM

Completed in 2022, a pilot study conducted by Curtin University found statistically significant positive changes. Amongst other outcomes included areas of social, self-regulation and cognitive benefits:

- **Belongingness:** which included measures relating to connectedness to school (which represents the extent to which a student feels welcome and safe at school and has friends there) and engagement with schoolwork (which represents the extent to which students are interested in and value what they learn at school) both showed statistically significant improvements;

- Mental health and wellbeing: Strengths and Difficulties Questionnaire (SDQ) was used to assess mental health and wellbeing. Measures across four main domains showed significant improvement of mental health issues: emotional problems (such as anxiety or depression), conduct problems, hyperactivity, and peer problems. Significant improvements were seen in average SDQ score in each of the four domains;
- Executive functioning: in addition to ratings on the SDQ, aspects of students' focus and concentration were measured using assessments from the US National Institutes of Health Toolbox. Two assessments were used, measuring inhibitory control and task-switching. *Inhibitory control* measures a student's ability to complete a focused task while not being distracted by extraneous stimuli. Statistically significant measures were found for inhibitory control.

Consistent with previous case studies, school leadership and teaching staff identified positive impacts on students and the classroom alike, including reduced time on managing student behavioural issues, and more effective teaching time. The results have also highlighted significant increases in both focus and calmness immediately after every mindfulness exercise.

Also worth mentioning is anecdotal evidentiary support for Mindful Meditation Australia's program through typical participant comments:

'So, I think when we all stopped and took a breath and did mindful activities and that day, everyone went "I feel so much better"... really positive overall, I feel the staff have a got a lot out of the professional learning and training.'

School leadership – 'My staff said that they really enjoyed the first training session, so it was great, it was really positive I think...two staff members did the Mindful Me professional development (PD), and they said best PD ever, they were so enthusiastic.'

Teacher – 'I think it has been well received by the parents, I have had a lot of parents that were saying 'this is really great, can you tell me more about it, just in passing... We didn't really have any negative feedback from parents besides the incidental, 'oh, what is this about', certainly no negative feedback.'

Teacher – 'I think parents have heard this is kind of the new way, they have heard mindfulness and meditation before, and a lot of high schools are already doing that sort of thing, so they have heard about it, and they know this is the way, so they were pretty receptive.'

Teacher – ‘I found that as time went on, I could read the kids better as well, and what they needed at the time.’

OVERVIEW

Mindfulness and meditation practices have been increasingly recognised for their positive impact on the wellbeing of students and teachers in schools. These practices have been found to enhance students’ ability to learn and concentrate, manage their emotions, and cultivate positive relationships. Implementing mindfulness and meditation practices in schools has been shown to improve students’ academic performance, emotional regulation, attention and concentration, and social-emotional skills. Additionally, integrating mindfulness and meditation supports the development of critical thinking, ethical understanding, and personal and social capability.

The implementation of mindfulness and meditation practices can positively impact the General Capabilities of the Australian Curriculum, herein with, as mentioned above, a focus on Levels 5 and 6 of the Critical and Creative Thinking, Ethical Understanding, and Personal and Social Capability learning continuums.

CRITICAL AND CREATIVE THINKING LEARNING CONTINUUM

The Critical and Creative Thinking learning continuum is designed to develop students’ abilities to think critically and creatively. It encompasses the ability to analyse, evaluate, and synthesise information, as well as the ability to generate new ideas and perspectives. Mindfulness and meditation can be helpful in developing these skills by helping students to focus their attention, regulate their emotions, and reduce stress and anxiety. By practicing mindfulness and meditation, students become better equipped to reflect on their thought processes, identify biases, and challenge assumptions. Additionally, mindfulness practices can support creative thinking by promoting a state of relaxation and openness to new ideas, as well as generate novel ideas.

One way to integrate mindfulness and meditation practices is through, for example, incorporating reflective activities into classroom discussions. For example, students could be asked to reflect on their assumptions about a particular issue or topic before engaging in a debate or discussion. Mindfulness and meditative practices, such as mindful breathing techniques and other elements included with Mindful Meditation Australia’s school-based programmes, can easily be incorporated to help

students calm their minds and focus their attention before engaging in a creative or critical thinking task.

ETHICAL UNDERSTANDING LEARNING CONTINUUM

The Ethical Understanding continuum focuses on developing students' ability to make ethical decisions and act responsibly. Mindfulness and meditation practices can positively impact this continuum in several ways. Firstly, mindfulness practices help students to develop empathy and compassion, leading to a greater understanding of the impact of their actions on others. Secondly, meditation practices help students to develop self-regulation skills, enabling them to make considered and ethical decisions. Mindfulness and meditative practices also helps students to develop an ethical framework based on values such as kindness, respect, and honesty, leading to a more principled approach to decision-making.

Given that the Ethical Understanding learning continuum is designed to develop students' ethical reasoning and decision-making skills, included is the ability to recognise ethical issues, consider different perspectives, and make informed decisions based on ethical principles. By practicing mindfulness and meditation, students become more aware to their own values and beliefs, as well as those of others. This helps them to make more informed and ethical decisions in their personal and academic lives.

One way to integrate mindfulness and meditation practices is by incorporating empathy-building activities into classroom discussions. For example, students could be asked to reflect on how they would feel if they were in someone else's shoes, or to consider the impact of their actions on others. Mindfulness and meditative practices, such as loving-kindness meditation or elements included with Mindful Meditation Australia's school-based programmes, could also be used to help students cultivate a sense of compassion towards themselves and others.

PERSONAL AND SOCIAL CAPABILITY LEARNING CONTINUUM

The Personal and Social Capability learning continuum is designed to develop students' social and emotional skills. It includes the ability to communicate effectively, build positive relationships, and manage emotions and behaviours. Mindfulness and meditation can be helpful in developing these skills by helping students to regulate their emotions, reduce stress and anxiety, and cultivate positive social connections. By practicing mindfulness and meditation, students can become more self-aware, empathetic, and resilient, which can help them to build stronger

relationships and navigate difficult situations.

The Personal and Social Capability continuum focuses on developing students' ability to manage their own emotions, build positive relationships, and work effectively in teams. Mindfulness and meditation practices can support this continuum by helping students develop self-awareness, self-regulation, and social-emotional skills. Additionally, mindfulness practices can support personal and social capability by promoting a sense of calm and focus, which can enhance students' ability to work collaboratively and communicate effectively.

One way to integrate mindfulness and meditation practices into this continuum is by incorporating mindfulness exercises into daily routines, such as the start of the day or before transitioning to a new task. Mindfulness practices, such as body scans, could also be used to help students develop self-awareness and regulate their emotions. Additionally, mindfulness practices, such as mindful listening, could be used to help students build positive relationships and communicate effectively.

The Personal and Social Capability continuum focuses on developing students' ability to manage their emotions, build positive relationships, and make responsible decisions. Mindfulness and meditation practices can positively impact this continuum in several ways. Firstly, mindfulness practices help students to develop emotional regulation skills, enabling them to manage their emotions in a constructive way. Secondly, meditation practices help students to develop self-awareness and empathy, leading to more positive and fulfilling relationships. Lastly, mindfulness practices help students to develop a sense of responsibility and agency, leading to more confident and responsible decision-making.

MINDFUL MEDITATION AUSTRALIA SCHOOL-BASED PROGRAMMES

Mindful Meditation Australia school-based programmes directly support the development of the General Capabilities in the Australian Curriculum. By helping students to focus their attention, regulate their emotions, and cultivate empathy and ethical awareness, mindfulness and meditation improves academic performance and well-being. Mindfulness and meditation practices enhance learning as well as intra-personal and inter-personal development.

Mindfulness and meditation practices have been shown to support the development of critical thinking, ethical understanding, and personal and social development. By incorporating these practices in classroom settings,

educators can provide students with tools that can be used to manage their emotions, build positive relationships, and engage with ethical issues and dilemmas. Additionally, integrating mindfulness and meditation practices supports the development of 21st-century skills, such as creativity, collaboration, and communication.

Through developing self-awareness, emotional regulation, empathy, and ethical values, students can become more effective learners and responsible citizens. Implementing mindfulness and meditation practices in schools helps to support students in developing these skills and enable them to thrive academically and socially.

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CRITICAL AND CREATIVE THINKING LEARNING CONTINUUM

Critical and Creative Thinking learning continuum

Sub-element	Level 1 Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Inquiring – identifying, exploring and organising information and ideas element						
Pose questions	pose factual and exploratory questions based on personal interests and experiences	pose questions to identify and clarify issues, and compare information in their world	pose questions to expand their knowledge about the world	pose questions to clarify and interpret information and probe for causes and consequences	pose questions to probe assumptions and investigate complex issues	pose questions to critically analyse complex issues and abstract ideas
Identify and clarify information and ideas	identify and describe familiar information and ideas during a discussion or investigation	identify and explore information and ideas from source materials	identify main ideas and select and clarify information from a range of sources	identify and clarify relevant information and prioritise ideas	clarify information and ideas from texts or images when exploring challenging issues	clarify complex information and ideas drawn from a range of sources
Organise and process information	gather similar information or depictions from given sources	organise information based on similar or relevant ideas from several sources	collect, compare and categorise facts and opinions found in a widening range of sources	analyse, condense and combine relevant information from multiple sources	critically analyse information and evidence according to criteria such as validity and relevance	critically analyse independently sourced information to determine bias and reliability
Generating ideas, possibilities and actions element						
Imagine possibilities and connect ideas	use imagination to view or create things in new ways and connect two things that seem different	build on what they know to create ideas and possibilities in ways that are new to them	expand on known ideas to create new and imaginative combinations	combine ideas in a variety of ways and from a range of possibilities to create new possibilities	draw parallels between known and new ideas to create new ways of achieving goals	create and connect complex ideas using imagery, analogies and symbolism
Consider alternatives	suggest alternative and creative ways to approach a given situation or task	identify and compare creative ideas to think broadly about a given situation or problem	explore situations using creative thinking strategies to propose a range of alternatives	identify situations where current approaches do not work, challenge existing ideas and generate alternative solutions	generate alternatives and adapt ideas, including when information is limited or conflicting	speculate on creative options to modify ideas when circumstances change
Seek solutions and put ideas into action	predict what might happen in a given situation and when putting ideas into action	investigate options and predict possible outcomes when putting ideas into action	experiment with a range of options when seeking solutions and putting ideas into action	assess and test options to identify the most effective solution and to put ideas into action	predict possibilities, and identify and test consequences when seeking solutions and putting ideas into action	assess risks and explain contingencies, taking account of a range of perspectives, when seeking solutions and putting complex ideas into action

Critical and Creative Thinking learning continuum

Sub-element	Level 1 Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Reflecting on thinking and processes element						
Think about thinking (metacognition)	describe what they are thinking and give reasons why	describe the thinking strategies used in given situations and tasks	reflect on, explain and check the processes used to come to conclusions	reflect on assumptions made, consider reasonable criticism and adjust their thinking if necessary	assess assumptions in their thinking and invite alternative opinions	give reasons to support their thinking, and address opposing viewpoints and possible weaknesses in their own positions
Reflect on processes	identify the main elements of the steps in a thinking process	outline the details and sequence in a whole task and separate it into workable parts	identify pertinent information in an investigation and separate into smaller parts or ideas	identify and justify the thinking behind choices they have made	evaluate and justify the reasons behind choosing a particular problem-solving strategy	balance rational and irrational components of a complex or ambiguous problem to evaluate evidence
Transfer knowledge into new contexts	connect information from one setting to another	use information from a previous experience to inform a new idea	transfer and apply information in one setting to enrich another	apply knowledge gained from one context to another unrelated context and identify new meaning	justify reasons for decisions when transferring information to similar and different contexts	identify, plan and justify transference of knowledge to new contexts
Analysing, synthesising and evaluating reasoning and procedures element						
Apply logic and reasoning	identify the thinking used to solve problems in given situations	identify reasoning used in choices or actions in specific situations	identify and apply appropriate reasoning and thinking strategies for particular outcomes	assess whether there is adequate reasoning and evidence to justify a claim, conclusion or outcome	identify gaps in reasoning and missing elements in information	analyse reasoning used in finding and applying solutions, and in choice of resources
Draw conclusions and design a course of action	share their thinking about possible courses of action	identify alternative courses of action or possible conclusions when presented with new information	draw on prior knowledge and use evidence when choosing a course of action or drawing a conclusion	scrutinise ideas or concepts, test conclusions and modify actions when designing a course of action	differentiate the components of a designed course of action and tolerate ambiguities when drawing conclusions	use logical and abstract thinking to analyse and synthesise complex information to inform a course of action
Evaluate procedures and outcomes	check whether they are satisfied with the outcome of tasks or actions	evaluate whether they have accomplished what they set out to achieve	explain and justify ideas and outcomes	evaluate the effectiveness of ideas, products, performances, methods and courses of action against given criteria	explain intentions and justify ideas, methods and courses of action, and account for expected and unexpected outcomes against criteria they have identified	evaluate the effectiveness of ideas, products and performances and implement courses of action to achieve desired outcomes against criteria they have identified

ACARA – AUSTRALIAN CURRICULUM

I - CRITICAL AND CREATIVE THINKING LEARNING CONTINUUM

1 – INQUIRING – IDENTIFYING, EXPLORING AND ORGANISING INFORMATION AND IDEAS

Meditation supports and provides assistance in identifying, exploring, as well as organising information and ideas, including:

- Increased focus and concentration: Through regular meditation practice, one can develop greater focus and concentration, which can be helpful when trying to organize information and ideas. With improved focus, it becomes easier to pay attention to the details and nuances of the information being considered;
- Improved creativity and idea generation: Meditation helps to foster a sense of openness and creativity, which can be useful for generating new ideas and solutions. By quieting the mind and letting go of preconceived notions and limiting beliefs, one can access new perspectives and ways of thinking;
- Enhanced self-awareness: Meditation helps to cultivate a greater sense of self-awareness, which can be useful when exploring ideas and information. By becoming more aware of one's own thought patterns, biases, as well as tendencies, one can better understand how we process and interpret information;
- Reduced stress and anxiety: Research has also shown that regular meditation practice helps reduce stress and anxiety, which can be helpful when trying to organize information and ideas. When we are feeling overwhelmed or anxious, it can be difficult to think clearly and make effective decisions. By reducing stress and anxiety, we are better able to approach information and ideas with a clear and focused mind;

As a general overview, even when meditation does not provide a direct solution to organizing information and ideas, it certainly helps enhance focus, creativity, self-awareness, as well as overall well-being, each of which makes the process of organizing information and ideas more effective and efficient.

A) POSE QUESTIONS

Mindfulness and meditation helps us pose questions by helping us become aware of our thought patterns and biases. By cultivating a non-judgemental and curious attitude, we can learn to observe our thoughts and ask ourselves why we are thinking a certain way. We can also learn to become more present and focused, which can allow us to ask more meaningful and relevant questions.

In addition, mindfulness and meditation helps us develop greater empathy and understanding, which can lead to more insightful and compassionate questions. By becoming more attuned to our own emotions and those of others, we can ask questions that help us better understand various perspectives and needs.

Mindfulness and meditation helps us develop an open and flexible mindset, which can lead us to ask more creative and innovative questions. By letting go of preconceived ideas and beliefs, we can approach problems with a fresh perspective and ask questions that challenge assumptions and push boundaries.

In general, mindfulness and meditation helps us pose questions by increasing our self-awareness, empathy, as well as creativity, as well as by fostering a non-judgemental and curious attitude towards our thoughts and the world around us.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

POSE QUESTIONS TO PROBE ASSUMPTIONS AND INVESTIGATE COMPLEX ISSUES

Mindfulness and meditation helps us pose questions to probe assumptions and investigate complex issues by supporting our ability to approach these topics with greater clarity, focus, as well as openness. This can be achieved through:

- **Cultivating a clear and focused mindset:** Mindfulness and meditation practices help us cultivate a clear and focused mindset, which allows us to approach complex issues with greater attention to detail and objectivity. By reducing distractions and quieting the mind, we can focus more fully on the material at hand and analyse it more thoroughly, which allows us to identify assumptions that may be hidden or implicit;
- **Developing greater awareness and curiosity:** Mindfulness and meditation practices help us develop greater awareness and curiosity, which is essential

for posing questions that challenge assumptions and investigate complex issues. By becoming more attuned to our own thoughts, emotions, as well as sensory experience, we can better identify gaps in our understanding and areas that require further investigation, which allows us to pose more insightful questions;

- **Enhancing creativity and intuition:** Mindfulness and meditation enhances our creativity and intuition, which is essential for posing questions that explore alternative perspectives and challenge conventional thinking. By practicing mindfulness and meditation regularly, we can tap into our creative and intuitive capacities, which allows us to pose questions that probe the depths of complex issues and investigate assumptions from a fresh angle;
- **Encouraging non-judgemental awareness:** Mindfulness and meditation practices encourages non-judgemental awareness, which is essential for investigating complex issues with an open mind. By cultivating a non-judgemental attitude, we can suspend preconceptions and biases, as well as approach complex issues with greater objectivity and curiosity, which allows us to probe assumptions more effectively.

In general mindfulness and meditation helps us pose questions to probe assumptions and investigate complex issues by supporting our clarity of mind, awareness and curiosity, creativity and intuition, as well as by encouraging non-judgemental awareness. Through regular practice, we can develop the skills and mindset we need to approach complex issues with greater depth, insight, as well as critical thinking, as well as pose questions that challenge assumptions and explore alternative perspectives.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

POSE QUESTIONS TO CRITICALLY ANALYSE

COMPLEX ISSUES AND ABSTRACT IDEAS

Mindfulness and meditation helps us pose questions to critically analyse complex issues and abstract ideas by supporting our ability to approach these topics with greater clarity, focus, as well as curiosity. This can be achieved through:

- **Cultivating a clear and focused mindset:** Mindfulness and meditation practices helps us cultivate a clear and focused mindset, which allows us to approach complex issues and abstract ideas with greater attention to detail and objectivity. By reducing distractions and quieting the mind, we can focus more fully on the material at hand and analyse it more thoroughly;

- **Developing greater awareness and curiosity:** Mindfulness and meditation practices help us develop greater awareness and curiosity, which is essential for posing thoughtful and critical questions. By becoming more attuned to our own thoughts, emotions, as well as sensory experience, we can better identify gaps in our understanding and areas that require further investigation, which allows us to pose more insightful questions;
- **Enhancing creativity and intuition:** Mindfulness and meditation can enhance our creativity and intuition, which is essential for posing questions that challenge assumptions and explore alternative perspectives. By practicing mindfulness and meditation regularly, we can tap into our creative and intuitive capacities, which allows us to pose questions that probe the depths of complex issues and abstract ideas;
- **Reducing stress and anxiety:** Mindfulness and meditation practices help to reduce stress and anxiety, which can otherwise interfere with our ability to pose questions to critically analyse complex issues and abstract ideas. By reducing stress and anxiety, we can approach these topics with greater calmness and clarity, allowing us to analyse them more objectively and pose more thoughtful questions.

In general, mindfulness and meditation help us pose questions to critically analyse complex issues and abstract ideas by supporting our clarity of mind, awareness and curiosity, creativity and intuition, as well as by reducing stress and anxiety. Through regular practice, we can develop the skills and mindset we need to approach complex issues and abstract ideas with greater depth, insight, as well as critical thinking..

B) IDENTIFY AND CLARIFY INFORMATION AND IDEAS

Mindfulness and meditation can assist in identifying and clarifying information and ideas by helping us develop greater concentration and focus, as well as by reducing the distractions and mental chatter that can interfere with clear thinking.

With regular practice, mindfulness and meditation help us become aware of our own thought patterns and biases, which helps us to identify and clarify information and ideas. By learning to observe our thoughts in a non-judgemental and detached way, we can become more attuned to our own mental habits and tendencies, as well as better able to recognise when we are getting stuck in unhelpful patterns of thinking.

As well, mindfulness and meditation help us develop greater clarity and

insight by providing a space for quiet reflection and contemplation. By taking time to step back from the hustle and bustle of our habitual daily life, we create a mental space that allows us to explore and clarify our ideas in a more relaxed and focused way.

Moreover, mindfulness and meditation helps us develop greater empathy and understanding of others' perspectives, which can lead to more nuanced and accurate information and ideas. By becoming more attuned to the emotions and needs of others, we can gain a more complete and accurate picture of the world around us, as well as better able to generate and clarify ideas that are grounded in reality.

In general, mindfulness and meditation assists us identifying and clarifying information and ideas by fostering greater self-awareness, concentration, empathy, as well as insight, as well as by creating a space for quiet reflection and contemplation.

**LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
CLARIFY INFORMATION AND IDEAS FROM TEXTS OR
IMAGES WHEN EXPLORING CHALLENGING ISSUES**

Mindfulness and meditation helps clarify information and ideas from texts or images when exploring challenging issues by supporting our ability to approach the material with intensified clarity, focus, as well as discernment. This can be achieved through:

- Cultivating a clear and focused mindset: Mindfulness and meditation practices help us to cultivate a clear and focused mindset, allowing us to approach texts or images with greater attention to detail and objectivity. By reducing distractions and quieting the mind, we can focus more fully on the material at hand and evaluate it with greater precision and clarity;
- Developing greater awareness and discernment: Mindfulness and meditation practices help us develop greater awareness and discernment, which is the ability to distinguish between different types of information and recognise patterns and relationships between different sources of information. By becoming more attuned to our own thoughts, emotions, as well as sensory experience, we can better discern patterns and connections in the material, which allows us to clarify challenging issues more effectively;
- Enhancing empathy and understanding: Mindfulness and meditation enhances empathy and understanding, which is essential for exploring

challenging issues with clarity and sensitivity. By practicing mindfulness and meditation regularly, we can develop greater empathy and understanding towards others, allowing us to approach challenging issues with greater compassion and insight;

- Reducing stress and anxiety: Mindfulness and meditation practices helps reduce stress and anxiety, which can otherwise interfere with our ability to clarify information and ideas from texts or images. By reducing stress and anxiety, we can approach the material with greater calmness and clarity, which allows us to analyse it more objectively and clarify it more effectively.

In general, mindfulness and meditation helps us clarify information and ideas from texts or images when exploring challenging issues by supporting our clarity of mind, awareness and discernment, empathy and understanding, as well as by reducing stress and anxiety. Through regular practice, we can develop the skills and mindset we need to clarify complex issues more effectively and make informed decisions based on a clearer understanding of the material at hand.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

CLARIFY COMPLEX INFORMATION AND IDEAS

DRAWN FROM A RANGE OF SOURCES

Mindfulness and meditation helps us clarify complex information and ideas drawn from a range of sources by supporting our ability to approach information with greater clarity and focus, as well as by cultivating greater awareness and discernment. This can achieved through:

- Cultivating a clear and focused mindset: Mindfulness and meditation practices helps us cultivate a clear and focused mindset, allowing us to approach complex information and ideas with greater clarity and objectivity. By quieting the mind and reducing distractions, we can focus more fully on the information at hand and evaluate it with greater attention to detail;
- Developing greater awareness and discernment: Mindfulness and meditation practices also helps develop greater awareness and discernment, which increases our ability to distinguish between different types of information and recognise patterns and relationships between different sources of information. By becoming more attuned to our own thoughts, emotions, as well as sensory experience, we can better discern patterns and connections between different sources of information, allowing us to clarify complex ideas more effectively;

- **Enhancing memory and learning:** Mindfulness and meditation can enhance our memory and learning, which is essential for clarifying complex information and ideas. By practicing mindfulness and meditation regularly, we can improve our ability to retain and recall information, which allows us to connect ideas more effectively and clarify complex information more efficiently;
- **Reducing stress and anxiety:** Mindfulness and meditation practices reduce stress and anxiety, which can otherwise interfere with our ability to clarify complex information and ideas. By reducing stress and anxiety, we can approach complex information with greater calmness and clarity, which allows us to analyse it more objectively and clarify it more effectively.

In general, mindfulness and meditation helps us clarify complex information and ideas drawn from a range of sources by supporting our clarity of mind, awareness and discernment, memory and learning, as well as by reducing stress and anxiety. Through regular practice, we can develop skills and the mindset we need to clarify complex information and ideas more effectively and make informed decisions based on a clearer understanding of the information at hand.

C) ORGANISE AND PROCESS INFORMATION

Mindfulness and meditation can assist us to organise and process information by helping us to develop greater focus and clarity of thought, which can make it easier to attend to and retain information, as well as to process it more effectively.

Some ways in which mindfulness and meditation helps us to organise and process information include:

- **Improved attention and focus:** Regular practice of mindfulness and meditation helps us to improve our attention and focus, which can make it easier to stay focused on important information and to process this more effectively;
- **Reduced distractions:** Mindfulness and meditation helps us to become aware of our thoughts and emotions, which makes it easier to identify and manage distractions that might interfere with our ability to process information;
- **Enhanced memory:** Research has shown that mindfulness and meditation helps to improve working memory, intensifying our ability to temporarily

store and manipulate information in our minds. This can make it easier to organise and process complex information;

- **Reduced stress and anxiety:** Mindfulness and meditation helps us reduce stress and anxiety, which can otherwise interfere with our ability to organise and process information effectively. By reducing the impact of these emotions, we create a more conducive mental environment for processing information;
- **Greater clarity of thought:** Mindfulness and meditation helps us to develop greater clarity of thought, which can make it easier to organise and process complex information. By creating a mental space with diminished distractions and mental chatter, we can approach information with a clearer and focused mind.

In general, mindfulness and meditation helps us to organise and process information by improving attention and focus, reducing distractions, enhancing memory, reducing stress and anxiety, as well as creating greater clarity of thought.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
CRITICALLY ANALYSE INFORMATION AND EVIDENCE
ACCORDING TO CRITERIA SUCH AS VALIDITY AND RELEVANCE

Mindfulness and meditation helps us critically analyse information and evidence according to criteria such as validity and relevance by supporting our ability to approach information with greater clarity and discernment, as well as by cultivating greater awareness and attention. This can be achieved through:

- **Cultivating greater clarity and discernment:** Mindfulness and meditation practices help us cultivate greater clarity and discernment, which allows us to approach information with increased attention to detail and objectivity. By reducing distractions and quieting the mind, we can better focus on the information at hand and evaluate it with greater precision and discernment;
- **Enhancing attention and focus:** Mindfulness and meditation also enhances our attention and focus, which is essential for critically analyzing information and evidence. By practicing mindfulness and meditation regularly, we develop greater attention and focus, allowing us to evaluate information more closely and identify relevant details that may otherwise be overlooked;

- Developing greater awareness and critical thinking skills: Mindfulness and meditation practices helps us develop greater awareness and critical thinking skills, which are essential for evaluating the validity and relevance of information and evidence. By becoming more aware of our own thoughts, biases, as well as assumptions, we can approach information with greater objectivity and critical thinking skills, allowing us to evaluate information and evidence more accurately and effectively;
- Reducing cognitive biases: Mindfulness and meditation practices helps us reduce cognitive biases, which are unconscious patterns of thinking that can lead us to overlook or discount certain types of information. By becoming more aware of our own cognitive biases, we can approach information with greater objectivity and reduce being swayed by potentially incorrect preconceived notions or assumptions.

In general, mindfulness and meditation helps us critically analyse information and evidence according to criteria, such as validity and relevance, by supporting our clarity of mind, attention and focus, critical thinking skills, as well as by reducing cognitive biases. Through regular practice, we can develop the skills and mindset needed to evaluate information more objectively and make informed decisions based on the validity and relevance of evidence.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
CRITICALLY ANALYSE INDEPENDENTLY SOURCED
INFORMATION TO DETERMINE BIAS AND RELIABILITY**

Mindfulness and meditation helps us critically analyse independently sourced information to determine bias and reliability by supporting our ability to approach information with a clear and focused mindset, as well as by cultivating greater awareness and discernment. This can achieved through:

- Cultivating a clear and focused mindset: Mindfulness and meditation practices helps us cultivate a clear and focused mindset, allowing us to approach information with greater clarity and objectivity. By quieting the mind and reducing distractions, we can focus more fully on the information at hand and evaluate it with greater attention to detail;
- Developing greater awareness and discernment: Mindfulness and meditation practices helps us develop greater awareness and discernment, assisting us to distinguish between different types of information and

to recognise bias and reliability. By becoming more attuned to our own thoughts, emotions, as well as sensory experience, we can better discern when information is reliable and when it may be biased or misleading;

- Reducing cognitive biases: Mindfulness and meditation practices helps us reduce cognitive biases, which are unconscious patterns of thinking that can lead us to overlook or discount certain types of information. By becoming more aware of our own cognitive biases, we can approach information with greater objectivity and reduce being swayed by preconceived erroneous notions or assumptions;
- Enhancing critical thinking skills: Mindfulness and meditation enhances our critical thinking skills and our ability to analyse information and evaluate its reliability and bias. By practicing mindfulness and meditation regularly, we can cultivate a more analytical and discerning mindset, allowing us to process information with greater scrutiny and increase informed decisions.

In general, mindfulness and meditation helps us critically analyse independently sourced information to determine bias and reliability by supporting our clarity of mind, awareness and discernment, reducing cognitive biases, as well as enhancing our critical thinking skills. Through regular practice, we develop the skills and mindset needed to evaluate information objectively and make informed decisions based on reliable and unbiased information.

2 – GENERATING IDEAS, POSSIBILITIES AND ACTIONS

Mindfulness and meditation can be useful tools in generating ideas, possibilities, as well as actions.

Mindfulness characterised as the ability to pay attention and to respond in the most appropriate way in any given moment. It supports us being fully present and engaged in the current moment, without judgement or distraction. By being present and aware, we can focus on our thoughts and ideas, as well as better understand our creative process. This helps us generate ideas, as well as evaluate and refine them.

Meditation, characterised as being the the active practice of learning to calm and train the attention, can be used to enhance creativity. Meditation helps us quiet the mind, reduce stress and anxiety, as well as increase focus and concentration. This can lead to greater clarity and insights, which can in turn help us generate innovative ideas and creative solutions.

Furthermore, mindfulness and meditation helps us overcome mental barriers that might be blocking our creativity. By learning to let go of limiting beliefs and negative self-talk, we can free ourselves to explore new ideas and possibilities. This can be especially useful when we are facing a creative block or struggling to come up with new ideas.

In general, incorporating mindfulness and meditation into our creative process helps us tap into our inner resources and generate creative and innovative ideas.

D) *IMAGINE POSSIBILITIES AND CONNECT IDEAS*

Mindfulness and meditation helps us imagine possibilities and connect ideas by helping us to develop greater creativity, flexibility, as well as insight.

Ways in which mindfulness and meditation helps us to imagine possibilities and connect ideas include:

- **Increased creativity:** Mindfulness and meditation helps to increase our creativity by creating a mental freed from distractions and mental chatter. By quieting the mind and becoming more present, we can tap into our innate creativity and generate new ideas and possibilities;
- **Enhanced insight:** Mindfulness and meditation helps us to develop greater insight into our own thought patterns and biases, which can make it easier to see things from a fresh perspective and to connect seemingly disparate ideas;
- **Improved problem-solving skills:** By reducing stress and anxiety, mindfulness and meditation helps us to approach problems with a more relaxed, engaged and focused mindset. This makes it easier to identify creative solutions and to connect ideas in new and innovative ways;
- **Greater empathy and understanding:** Mindfulness and meditation helps us to develop greater empathy and understanding of others' perspectives, which increases our potential to imagine new possibilities and to connect ideas from different domains;
- **More flexible thinking:** By cultivating a non-judgemental and curious attitude, mindfulness and meditation helps us to become open to new ideas and to approach problems with a more flexible mindset. This can make it easier to imagine new possibilities and to connect ideas in new and

innovative ways.

In general, mindfulness and meditation helps us imagine possibilities and connect ideas by fostering creativity, insight, problem-solving skills, empathy, as well as flexible thinking.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
DRAW PARALLELS BETWEEN KNOWN AND NEW IDEAS
TO CREATE NEW WAYS OF ACHIEVING GOALS

Mindfulness and meditation helps us draw parallels between known and new ideas to create new ways of achieving goals by supporting our ability to recognise patterns, make connections, as well as approach problems with an open and creative mindset. This can be achieved through:

- **Cultivating a curious and open mindset:** Mindfulness and meditation practices help us cultivate a curious and open mindset, allowing us to approach problems with an inquiring mind and see new connections and possibilities. With this mindset, we are more likely to be open to new ideas and willing to consider multiple perspectives;
- **Developing self-awareness and emotional regulation:** Mindfulness and meditation practices help us develop greater self-awareness and emotional regulation. Developing awareness of our own thoughts, emotions, as well as biases, we are better able to manage these and avoid or reduce unproductive patterns of thinking or behaviour. With increased emotional regulation, we can approach challenging situations with greater clarity and objectivity;
- **Enhancing creativity and divergent thinking:** Mindfulness and meditation enhances our creativity and divergent thinking, increasing our ability to generate a variety of ideas and solutions to a problem. By quieting the mind and focusing on the present moment, we can access new insights and perspectives that may not have been apparent before;
- **Developing greater cognitive flexibility:** Mindfulness and meditation practices help us develop greater cognitive flexibility, increasing our capacity to shift our thinking and adapt to changing circumstances. Through the regular practice of mindfulness and meditation, we cultivate a flexible mindset, allowing us to recognise patterns and connections between seemingly disparate ideas and create new ways of achieving our goals.

In general, mindfulness and meditation helps us draw parallels between known and new ideas to create new ways of achieving goals by supporting our curiosity, self-awareness, emotional regulation, creativity, as well as cognitive flexibility. Through regular practice, we develop the skills and mindset needed to approach problems with greater openness and creativity, as well as generate new and innovative solutions to achieve our goals.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
CREATE AND CONNECT COMPLEX IDEAS USING
IMAGERY, ANALOGIES AND SYMBOLISM

Mindfulness and meditation helps us create and connect complex ideas using imagery, analogies, as well as symbolism by supporting our creativity, insight, as well as ability to see patterns and connections. This can be achieved through:

- **Enhancing creativity:** Mindfulness and meditation practices help enhance our creativity by calming the mind and allowing us to access new insights and perspectives. By quieting the inner chatter and becoming more present and attuned to our surroundings, we can tap into our own innate creativity and generate new ideas and connections;
- **Developing focus and concentration:** Mindfulness and meditation practices help us develop greater focus and concentration. By training the mind to stay present and focused, we can sustain our attention on complex ideas and connect them in new and innovative ways;
- **Enhancing visualisation and imagination:** Mindfulness and meditation practices help enhance our ability to visualise and imagine. By becoming more attuned to our own thoughts and sensory experiences, we can increase our capacity to access mental images and generate vivid mental imagery;
- **Developing insight and intuition:** Mindfulness and meditation practices help us develop greater insight and intuition by increasing our awareness of our own inner experience. By becoming more attuned to our own thoughts, emotions, as well as bodily sensations, we can access our own intuitive wisdom and generate new connections and insights.

In general, mindfulness and meditation helps us create and connect complex ideas using imagery, analogies, as well as symbolism by supporting our creativity, focus, visualisation, as well as insight. Through regular practice, we can develop the skills and mindset we need to approach

complex ideas with greater imagination and flexibility, as well as generate innovative connections between seemingly disparate concepts.

E) CONSIDER ALTERNATIVES

Mindfulness and meditation helps us consider alternatives by cultivating an open and non-judgemental mindset, which helps us to approach problems and decisions with flexibility and creativity.

Ways in which mindfulness and meditation helps us develop this includes:

- **Increased awareness:** Mindfulness and meditation helps us increase our awareness of our own thought patterns and biases, which can make it easier to recognise when we have unhelpful or limiting ways of thinking. By becoming more aware of our own mental habits, we can create space for considering alternatives;
- **Reduced reactivity:** Mindfulness and meditation helps us to reduce our reactive tendencies, which can make it easier to respond to and address situations with greater flexibility and creativity. By cultivating a more mindful and non-judgemental attitude, we can be open to new ideas and possibilities;
- **Enhanced empathy:** By developing empathy and understanding of others' perspectives, mindfulness and meditation helps us consider alternative viewpoints and to approach problems and decisions with a more nuanced and inclusive mindset;
- **Improved problem-solving skills:** Mindfulness and meditation helps us to improve our problem-solving skills by reducing stress and anxiety, enhancing our ability to focus, as well as fostering greater creativity and flexibility. By approaching problems with a more relaxed and open mindset, we can more easily consider a range of alternatives;
- **Cultivation of curiosity:** Mindfulness and meditation helps us to cultivate a sense of curiosity and wonder, which can make it easier to explore new ideas and possibilities. By approaching situations with a curious and open attitude, we can more easily consider a variety of alternatives.

In general, mindfulness and meditation helps us consider alternatives by increasing awareness, reducing reactivity, enhancing empathy, improving problem-solving skills, as well as cultivating curiosity.

**LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
GENERATE ALTERNATIVES AND INNOVATIVE SOLUTIONS,
AS WELL AS ADAPT IDEAS, INCLUDING WHEN
INFORMATION IS LIMITED OR CONFLICTING**

Mindfulness and meditation helps us generate alternatives and innovative solutions, as well as adapt ideas even when information is limited or conflicting. This can be achieved through:

- **Cultivating a non-judgemental mindset:** Mindfulness and meditation helps us cultivate a non-judgemental mindset, which allows us to observe our thoughts, emotions, as well as experiences without getting caught up in them. This permits us to more easily approach new and conflicting information with openness and curiosity, rather than immediately rejecting it or becoming defensive;
- **Developing a beginner's mind:** Mindfulness and meditation helps us develop a 'beginner's mind', a mindset in which we approach situations with a fresh and open perspective, free from preconceived notions or assumptions. With a beginner's mind, we are more likely to see new and innovative solutions to problems, even when information is limited or conflicting;
- **Increasing creativity and divergent thinking:** Mindfulness and meditation can increase creativity and divergent thinking, developing our ability to generate a variety of ideas and solutions to a problem. By quieting the mind and focusing on the present moment, we can access new insights and perspectives that may not have been apparent before;
- **Developing greater self-awareness and emotional regulation:** Mindfulness and meditation helps us develop greater self-awareness and emotional regulation skills. When we are aware of our own thoughts, emotions, as well as biases, we are better able to manage these and avoid unproductive patterns of thinking or behaviour. With greater emotional regulation, we approach challenging situations with greater clarity and objectivity.

In general, mindfulness and meditation helps us cultivate the mindset and skills we need to generate alternatives and innovative solutions, as well as adapt ideas, even in the face of limited or conflicting information. Through regular practice, we develop greater self-awareness, creativity, as well as emotional regulation, each of which supports our ability to think divergently and generate novel and adaptive solutions to problems.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
SPECULATE ON CREATIVE OPTIONS TO MODIFY
IDEAS WHEN CIRCUMSTANCES CHANGE

Mindfulness and meditation can be powerful tools to help us speculate on creative options and modify our ideas when circumstances change. This can be achieved through:

- Reducing stress and increasing focus: Mindfulness and meditation practices help reduce stress and increase our ability to focus on the present moment. When we are stressed or distracted, it can be difficult to think creatively or adapt to changing circumstances. Through regular mindfulness and meditation practices, we can cultivate a calm and focused mind, which supports us approach challenges with greater clarity and creativity;
- Developing greater self-awareness: Mindfulness and meditation practices help us develop greater self-awareness. When we are aware of our thoughts, emotions, as well as physical sensations, we are better able to recognise unwanted patterns of thinking or behaviour. With this awareness, we can intentionally shift our focus to more creative and adaptive ways of thinking;
- Cultivating openness and curiosity: Mindfulness and meditation help us cultivate a sense of openness and curiosity towards our experiences. As we approach our ideas and circumstances with curiosity, we are more likely to notice new and unexpected opportunities for creativity and adaptation. This openness also helps us let go of fixed ideas and embrace new possibilities;
- Increasing resilience: Mindfulness and meditation help increase resilience in the face of change and uncertainty. By practicing mindfulness and meditation, we develop skills and inner resources we need to adapt to changing circumstances and find creative solutions to new challenges.

In general, mindfulness and meditation help us cultivate the qualities and skills we need to speculate on creative options and modify our ideas when circumstances change. Through regular practice, we develop an open, curious, as well as resilient mindset that supports creativity and adaptation.

F) SEEK SOLUTIONS AND PUT IDEAS INTO ACTION

Mindfulness and meditation help us to seek solutions and put ideas

into action by cultivating focus, creativity, as well as resilience, as well as reducing stress and anxiety.

Ways in which mindfulness and meditation helps us seek solutions and put ideas into action include:

- **Increased focus:** Mindfulness and meditation helps us to improve our ability to focus on the task at hand, which can assist us to seek out solutions and take action on our ideas;
- **Enhanced creativity:** By creating a mental space that is free from distractions and mental chatter, mindfulness and meditation helps us to tap into our innate creativity and generate new ideas for solutions and action;
- **Reduced stress and anxiety:** Mindfulness and meditation helps us to reduce stress and anxiety, which can create a more conducive mental environment for seeking out solutions and taking action on our ideas;
- **Improved decision-making:** Mindfulness and meditation helps us to approach decisions with greater clarity and focus, which can make it easier to identify and pursue the best course of action;
- **Resilience:** Mindfulness and meditation helps us to develop greater resilience in the face of obstacles or setbacks, which supports us to persist in seeking out solutions and putting our ideas into action;
- **Motivation:** Mindfulness and meditation helps us to cultivate a sense of purpose and motivation, which provides the drive and determination needed to see our ideas through to fruition.

In general, mindfulness and meditation helps us to seek solutions and put ideas into action by improving focus, enhancing creativity, reducing stress and anxiety, improving decision-making, developing resilience, as well as fostering motivation.

**LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
PREDICT POSSIBILITIES, AS WELL AS IDENTIFY AND
TEST CONSEQUENCES WHEN SEEKING SOLUTIONS
AND PUTTING IDEAS INTO ACTION**

Mindfulness and meditation helps predict possibilities, as well as identify and test consequences when seeking solutions and putting ideas into action

by supporting and developing us to:

- **Observe Patterns:** Mindfulness and meditation helps us to observe patterns and trends that may be relevant to the problem or situation we are addressing. By being present and aware, we can make it easier to identify potential outcomes and consequences;
- **Stay Focused on the Present:** Mindfulness and meditation helps us to stay focused in the present moment, rather than distracted by past events or future possibilities. By being more grounded in the present, we are more able to accurately assess the current situation and potential outcomes;
- **Cultivate Objectivity:** By reducing emotional reactivity and cultivating objectivity, mindfulness and meditation helps us to accurately evaluate potential consequences. By taking a step back and examining the situation from a more detached perspective, we can effectively predict what might happen as a result of our actions;
- **Expand Our Perspective:** Mindfulness and meditation helps us to expand our perspective and consider a wider range of possibilities. By being more open and receptive, we may more easily identify potential outcomes and consequences that we may not have previously considered;
- **Test Our Assumptions:** Mindfulness and meditation helps us to test our assumptions and evaluate potential consequences. By being more present and aware, we may notice assumptions that may be flawed, as well as adjust our thinking accordingly.

In general, by cultivating a mindful and meditative approach, we can more effectively predict possibilities, as well as identify and test consequences when seeking solutions and putting ideas into action. Mindfulness and meditation helps us to observe patterns, stay focused on the present, cultivate objectivity, expand our perspective, as well as test our assumptions, each of which contributes to effective predictions and better decision-making.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ASSESS RISKS AND EXPLAIN CONTINGENCIES, TAKING
ACCOUNT OF A RANGE OF PERSPECTIVES, WHEN SEEKING
SOLUTIONS AND PUTTING COMPLEX IDEAS INTO ACTION

Mindfulness and meditation assists us in assessing risks and explaining contingencies, taking account of a range of perspectives, when seeking

solutions and putting complex ideas into action in the following ways:

- **Increased Clarity and Focus:** Mindfulness and meditation helps us to achieve a greater level of clarity and focus. This helps us to better assess risks and identify potential contingencies. By being more present and aware in the moment, we can better evaluate potential outcomes and determine the best course of action;
- **Better Decision-Making:** By cultivating a more objective and rational mindset, mindfulness and meditation helps us make better decisions when evaluating risks and contingencies. By reducing emotional reactivity and staying calm and focused, we can accurately assess risks and contingencies, taking account of a range of perspectives;
- **Improved Communication:** Mindfulness and meditation helps us improve our communication skills, which are crucial when seeking solutions and putting complex ideas into action. By being more present and attentive during conversations, we can better understand the perspectives of others and effectively communicate risks and contingencies;
- **Greater Creativity:** Mindfulness and meditation helps to cultivate greater creativity. By allowing the mind to be open and receptive, we can effectively generate and evaluate potential solutions to complex problems, as well as anticipate a wider range of contingencies;
- **Effective Planning:** Mindfulness and meditation helps us to create effective plans for implementing complex ideas. By taking a comprehensive approach to planning, we can better identify and anticipate risks and contingencies, as well as account for a wider range of perspectives and potential outcomes.

In general, by cultivating a mindful and meditative approach, we can effectively assess risks and contingencies, taking account of a range of perspectives, when seeking solutions and putting complex ideas into action. Mindfulness and meditation helps us achieve greater clarity and focus, make better decisions, improve our communication skills, cultivate greater creativity, as well as create effective plans.

3 – REFLECTING ON THINKING AND PROCESSES

Mindfulness and meditation are practices that involve intentionally focusing on the present moment, bringing attention to thoughts, emotions, as well as sensations without judgement. These practices helps individuals reflect on their thinking and processes by cultivating self-awareness

and non-judgemental observation, whilst simultaneously increasing discernment.

Through mindfulness and meditation, individuals develop a better understanding of their thought patterns, emotional responses, as well as behaviours, which can lead to increased insight, clarity, as well as problem-solving abilities. By paying attention to thoughts and emotions, we can identify unhelpful thinking patterns, biases, as well as assumptions, allowing us to make informed decisions and develop effective strategies.

Furthermore, mindfulness and meditation helps individuals reduce stress, anxiety, as well as negative emotions, which can otherwise interfere with clear thinking and decision-making. By calming the mind and reducing distractions, individuals can create a conducive environment for reflection and introspection.

In general, mindfulness and meditation are valuable practices that develop reflection and thinking processes. These practices help individuals develop self-awareness, reduce stress and negative emotions, as well as identify unhelpful thinking patterns, leading to effective problem-solving and decision-making.

G) THINK ABOUT THINKING (METACOGNITION)

How does mindfulness and meditation support metacognition?

Mindfulness and meditation supports metacognition, encouraging the development and our ability to reflect on and regulate our own thinking processes.

Ways in which mindfulness and meditation can support metacognition include:

- Increased self-awareness: Mindfulness and meditation helps to increase self-awareness, a key component of metacognition. By becoming more attuned to our own mental processes, we are able to reflect on our thinking patterns and identify areas where we may make adjustments;
- Improved attention: Mindfulness and meditation helps to improve our ability to sustain attention and focus, another key component of metacognition. By cultivating a focused and attentive mindset, we can effectively regulate our thinking processes;
- Greater cognitive flexibility: By cultivating a non-judgemental and curious attitude, mindfulness and meditation helps us to become open to

new ideas and to approach problems with a flexible mindset. This makes it easier to reflect on our own thinking processes and to adjust our approach as needed;

- Improved self-regulation: Mindfulness and meditation helps to improve our ability to regulate our own thoughts and emotions, which is a key aspect of metacognition. By developing greater self-regulation skills, we can become adept at monitoring and adjusting our own thinking processes;
- Enhanced problem-solving skills: By reducing stress and anxiety, mindfulness and meditation helps us to approach problems with a relaxed and focused mindset. This makes it easier to reflect on our own thinking processes and to identify creative solutions.

In general, mindfulness and meditation supports metacognition by increasing self-awareness, improving attention, fostering cognitive flexibility, enhancing self-regulation, as well as improving problem-solving skills.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ASSESS ASSUMPTIONS IN THEIR THINKING AND INVITE ALTERNATIVE OPINIONS

Mindfulness and meditation helps us assess assumptions in our thinking and invite alternative opinions in various ways, including:

- Increased Self-Awareness: Mindfulness and meditation helps us become aware of our own thought patterns and biases. This self-awareness helps us identify assumptions that may be limiting our thinking and instead open to alternative perspectives;
- Enhanced Objectivity: By cultivating a neutral and objective mindset, mindfulness and meditation helps us evaluate our assumptions critically. This helps us to identify assumptions that may be faulty or unfounded, as well as to be open to alternative opinions and perspectives;
- Reduced Reactivity: Mindfulness and meditation helps us to manage our emotional reactions to alternative opinions. By reducing reactivity and staying calm and focused, we can engage in constructive dialogue with others and be receptive to alternative viewpoints;
- Improved Listening Skills: Mindfulness and meditation helps us develop better listening skills, which is crucial to alternative views and opinions. By

being present and attentive during conversations, we create a space where others feel comfortable sharing ideas and perspectives;

- **Increased Empathy:** Mindfulness and meditation helps us develop greater empathy for, and open-ness to, the perspectives of others. This helps us to better understand their assumptions and thought processes, as well as to be open to alternative opinions.

In general, by cultivating a mindful and meditative approach, we can assess assumptions in our thinking and effectively consider alternative opinions. Mindfulness and meditation helps us develop increased self-awareness, enhanced objectivity, reduced reactivity, improved listening skills, as well as increased empathy, each of which contributes to effective communication and improved outcomes.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
GIVE REASONS TO SUPPORT THEIR THINKING, AS
WELL AS ADDRESS OPPOSING VIEWPOINTS AND
POSSIBLE WEAKNESSES IN THEIR OWN POSITIONS**

Mindfulness and meditation can support us in providing reasons that supports our thinking and addresses opposing viewpoints and possible weaknesses in the following ways:

- **Increased Awareness:** Mindfulness and meditation helps us become aware of our own thought patterns and biases. This awareness helps us identify potential weaknesses in our own positions and prepare for possible counterarguments;
- **Improved Clarity:** By cultivating a focused and attentive mindset, mindfulness and meditation helps us to achieve greater clarity in our thinking. This helps us to identify and articulate reasons effectively;
- **Enhanced Objectivity:** Mindfulness and meditation helps us approach opposing viewpoints with a more neutral and objective mindset. By stepping back from our own biases and assumptions, we may better evaluate opposing arguments objectively and address these in effective ways;
- **Reduced Reactivity:** Mindfulness and meditation helps us to manage our emotional reactions to opposing viewpoints and to respond in a considered and thoughtful way. This helps us to engage in a more constructive dialogue with others and find common ground where possible;

- **Increased Empathy:** Mindfulness and meditation helps us to develop greater empathy and consider the perspectives of others. This helps us to understand their reasons effectively and address their concerns in a meaningful way.

In general, by cultivating a mindful and meditative approach, we can give reasons to support our thinking and address opposing viewpoints and possible weaknesses in our own positions more effectively. Mindfulness and meditation helps us develop increased awareness, improved clarity, enhanced objectivity, reduced reactivity, as well as increased empathy, each of which contributes to effective communication and to improved outcomes.

H) REFLECT ON PROCESSES

Mindfulness and meditation supports reflection on thinking processes through increasing self-awareness, promoting cognitive flexibility, as well as reducing distractions.

Ways in which mindfulness and meditation supports reflection on thinking processes includes:

- **Increased self-awareness:** Mindfulness and meditation helps increase self-awareness, a key component of reflecting on our own thinking processes. By becoming aware of our own mental processes, we are better able to understand how we think and make decisions;
- **Reduced distractions:** Mindfulness and meditation helps to reduce distractions and mental clutter, which makes it easier to reflect on our own thinking processes. By creating a mental space freed from distractions, we can focus on our own thoughts and feelings;
- **Cultivation of a non-judgemental attitude:** Mindfulness and meditation helps to cultivate a non-judgemental attitude, which makes it easier to reflect on our own thinking processes without getting caught up in self-criticism or negative self-talk. Through the adoption of a more accepting and curious mindset, we can easily examine our own thoughts and beliefs;
- **Promotion of cognitive flexibility:** By cultivating a flexible and open-minded approach, mindfulness and meditation helps us to reflect on our own thinking processes in a nuanced and inclusive way. This helps us to identify biases and assumptions that may be limiting our thinking;

- **Enhanced self-regulation:** Mindfulness and meditation helps to enhance self-regulation, a key aspect of reflecting on our own thinking processes. By developing greater self-regulation skills, we become more adept at monitoring and adjusting our thinking processes.

In general, mindfulness and meditation supports reflecting on thinking processes by increasing self-awareness, reducing distractions, cultivating a non-judgemental attitude, promoting cognitive flexibility, as well as enhancing self-regulation.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

EVALUATE AND JUSTIFY THE REASONS BEHIND CHOOSING A PARTICULAR PROBLEMSOLVING STRATEGY

Mindfulness or meditation helps us evaluate and justify the reasons behind choosing a particular problem-solving strategy in several ways:

- **Improved Clarity:** Mindfulness or meditation helps us to achieve a clearer understanding of problems and identify the appropriate problem-solving strategies. By approaching problems with a focused and attentive mindset, we may evaluate different strategies objectively and choose suitable ones;
- **Increased Awareness:** Mindfulness or meditation helps us to become aware of the factors that guide decision-making processes. By recognising our biases and assumptions, we can make informed decisions and choose the appropriate problem-solving strategies;
- **Enhanced Objectivity:** Mindfulness or meditation enhances our ability to approach problem-solving with a neutral and objective mindset. By stepping back from our own biases and assumptions, we can evaluate different strategies objectively and choose suitable ones;
- **Reduced Stress:** Mindfulness or meditation helps to reduce stress and anxiety, which can otherwise interfere with our ability to think clearly and make sound decisions. By reducing stress levels, we can approach problem-solving with a calmer and objective mindset, making it easier to evaluate different strategies and choose the appropriate ones.

In general, by cultivating a mindful and meditative approach, we may better evaluate and justify reasons behind choosing a particular problem-solving strategy effectively. Mindfulness or meditation helps us develop improved clarity, increased awareness, enhanced objectivity, as well as reduced stress levels, each of which can contribute to effective problem-

solving and improved outcomes.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
BALANCE RATIONAL AND IRRATIONAL COMPONENTS OF A
COMPLEX OR AMBIGUOUS PROBLEM TO EVALUATE EVIDENCE

Mindfulness and meditation helps us balance rational and irrational components of a complex or ambiguous problem to evaluate evidence in various ways:

- **Cultivating Awareness:** Mindfulness and meditation helps us develop greater awareness of the thoughts and emotions that influence our thinking. By recognising these factors, we can distinguish between rational and irrational components and make effective evaluations of the evidence;
- **Enhancing Focus:** Mindfulness and meditation enhances our ability to focus on the evidence and avoid getting distracted by irrational or emotional factors. By cultivating an attentive and focused mindset, we can evaluate the evidence objectively and make rational judgements;
- **Encouraging Creativity:** Mindfulness and meditation encourages greater creativity in problem-solving, helping us find innovative solutions to complex or ambiguous problems. By approaching the problem with an open and curious mindset, we can identify new connections and insights that may not otherwise be immediately apparent;
- **Reducing Stress:** Mindfulness and meditation helps reduce stress and anxiety, which can otherwise interfere with our ability to think clearly and objectively. By reducing stress levels, we can approach problems with a calmer and objective mindset, making it easier to balance rational and irrational components of the problem.

In general, by cultivating a mindful and meditative approach, we can balance the rational and irrational components of a complex or ambiguous problem to evaluate evidence effectively. Mindfulness and meditation helps us develop greater awareness, enhance our focus, encourage creativity, as well as reduce stress levels, each of which can contribute to effective problem-solving and improved outcomes.

I) TRANSFER KNOWLEDGE INTO NEW CONTEXTS

Ways in which mindfulness and meditation helps us transfer knowledge into new contexts include:

- **Improved Focus and Attention:** Practicing mindfulness and meditation helps improve our ability to focus and sustain our attention. This heightened awareness helps us recognise patterns and connections between different contexts, allowing us to effectively and easily transfer knowledge from one situation to another;
- **Heightened Creativity:** Mindfulness and meditation have been linked to increased creativity and problem-solving abilities. By quieting the mind and reducing stress, we can access a greater range of ideas and insights, making it easier to apply knowledge to new contexts;
- **Increased Flexibility and Adaptability:** Mindfulness and meditation help us become flexible and adaptable, which is essential for transferring knowledge across different contexts. When we approach new situations with an open and curious mindset, we are more likely to recognise similarities and differences between contexts and apply our knowledge accordingly;
- **Improved Memory Retention:** Mindfulness and meditation helps improve memory retention, making it easier to recall and apply knowledge in new situations.

In general, by cultivating a mindful and meditative approach, we can improve our ability to recognise patterns, make connections, as well as apply our knowledge in new and varied contexts.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
JUSTIFY REASONS FOR DECISIONS WHEN TRANSFERRING
INFORMATION TO SIMILAR AND DIFFERENT CONTEXTS

Mindfulness and meditation helps in justifying reasons for decisions when transferring information to similar and different contexts in several ways:

- **Improved Awareness:** Mindfulness and meditation helps us develop greater awareness of underlying principles and assumptions that guide our thinking. By being mindful of these factors, we may identify key reasons for our decisions and explain them clearly and convincingly;
- **Increased Objectivity:** Mindfulness and meditation helps us approach decision-making with a neutral and objective perspective. By stepping back from our own biases and assumptions, we may effectively evaluate the strengths and weaknesses of different options and make informed

decisions;

- **Enhanced Clarity:** Mindfulness and meditation enhances our ability to communicate our reasons for decisions clearly and effectively. By cultivating a focused and attentive mindset, we can articulate our reasoning precisely and persuasively;
- **Improved Problem-Solving:** Mindfulness and meditation helps us to identify potential obstacles or challenges in transferring information to similar and different contexts. By approaching problem-solving with an open and curious mindset, we can identify appropriate reasons for our decisions and explain them effectively to others.

In general, by cultivating a mindful and meditative approach, we can improve our ability to justify reasons for our decisions when transferring information to similar and different contexts. Mindfulness and meditation helps us to develop improved awareness, increased objectivity, enhanced clarity, as well as improved problem-solving skills, each of which can contribute to effective decision-making and improved outcomes in new contexts.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
IDENTIFY, PLAN AND JUSTIFY TRANSFERENCE
OF KNOWLEDGE TO NEW CONTEXTS

Ways in which mindfulness and meditation helps us identify, plan, as well as justify the transfer of knowledge to new contexts include:

- **Improved Awareness:** Mindfulness and meditation helps us develop greater awareness of our own thought processes, including the assumptions and biases that may influence our thinking. By being mindful of these factors, we can identify the underlying principles and concepts that are relevant to the new context, as well as plan how to transfer them effectively;
- **Enhanced Problem-Solving Skills:** Mindfulness and meditation enhances our problem-solving skills, helping us to identify the specific challenges and opportunities of the new context, as well as identify appropriate ways to transfer knowledge from the original context. By approaching problem-solving with an open and curious mindset, we can identify potential obstacles and develop strategies to overcome them;
- **Increased Creativity:** Mindfulness and meditation helps us to develop greater creativity in our thinking, enabling us to identify new and

innovative ways to transfer knowledge to the new context. By approaching the transfer of knowledge with an open and flexible mindset, we can identify new connections and insights that may not be immediately apparent;

- **Improved Decision-Making:** Mindfulness and meditation helps us to make informed and effective decisions about how to transfer knowledge to new contexts. By approaching decision-making with a neutral and objective perspective, we can evaluate the strengths and weaknesses of different options, as well as choose an appropriate course of action.

In general, by cultivating a mindful and meditative approach, we can improve our ability to identify, plan, as well as justify the transfer of knowledge to new contexts. Mindfulness and meditation helps us to develop improved awareness, enhanced problem-solving skills, increased creativity, as well as improved decision-making, each of which can contribute to effective knowledge transfer and improved outcomes in new contexts.

4 – ANALYSING, SYNTHESISING AND EVALUATING REASONING AND PROCEDURES

By cultivating a focused and non-judgemental state of mind, practitioners of mindfulness and meditation may be better able to identify and understand the various thought patterns and biases that influence their reasoning and decision-making. They may also be able to better discern the underlying assumptions and premises that inform their views and the procedures employed.

In addition, mindfulness and meditation may help to reduce stress and anxiety, which can otherwise have a negative impact on reasoning and cognitive performance. By fostering a calm and centred state of mind, individuals may be better equipped to engage in critical thinking and problem-solving.

Moreover, mindfulness and meditation helps individuals to develop greater empathy and understanding of others' perspectives, which can enhance collaboration and cooperation in group decision-making processes.

In general, while mindfulness and meditation are not a substitute for critical thinking skills and logical analysis, they can be valuable practices enhancing these capacities and promoting effective reasoning and decision-making.

J) APPLY LOGIC AND REASONING

Mindfulness and meditation can assist us to apply logic and reasoning in ways which include:

- **Improved Focus and Attention:** Practicing mindfulness and meditation helps improve our ability to focus and sustain our attention. With improved focus, we are better able to analyse problems and apply logic and reasoning to arrive at a solution;
- **Reduced Stress and Anxiety:** Mindfulness and meditation helps reduce stress and anxiety, which can otherwise interfere with clear thinking and effective problem-solving. By calming the mind and reducing negative emotions, we can approach problems with a clearer and rational mindset;
- **Enhanced Self-Awareness:** Mindfulness and meditation helps us become aware of our thoughts, emotions, as well as biases. This increased self-awareness helps us recognise and overcome cognitive biases that might be limiting our ability to apply logic and reasoning effectively;
- **Increased Creativity:** Mindfulness and meditation enhances our creativity and helps us think outside the box. By tapping into our unconscious mind, we can access a greater range of ideas and insights, which helps us approach problems in new and innovative ways.

In general, by cultivating a mindful and meditative approach, we can enhance our ability to apply logic and reasoning effectively, while also improving our emotional and cognitive well-being.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

IDENTIFY GAPS IN REASONING AND MISSING ELEMENTS IN INFORMATION

Ways in which mindfulness and meditation helps us identify gaps in reasoning and missing elements in information include:

- **Improved Awareness:** Mindfulness and meditation helps us to cultivate improved awareness of our thought processes, including any gaps or missing information in our reasoning. By being mindful of our thinking, we can identify areas where we may need to gather additional information or reconsider our assumptions;
- **Greater Attention to Detail:** Mindfulness and meditation helps us to

develop greater attention to detail, allowing us to effectively identify any gaps or missing information in our reasoning. By paying close attention to the details of a situation or problem, we can identify areas where we may need to gather additional information or reconsider our assumptions;

- **Enhanced Problem-Solving Skills:** Mindfulness and meditation enhances our problem-solving skills, helping us to identify missing elements in information and reasoning. By approaching problem-solving with an open and curious mindset, we can effectively identify areas where additional information or analysis may be needed;
- **Increased Objectivity:** Mindfulness and meditation helps us to cultivate greater objectivity in our thinking, allowing us to effectively identify any gaps or missing information in our reasoning. By approaching problem-solving with a neutral perspective, we can accurately evaluate the strengths and weaknesses of our reasoning and identify any areas where additional information or analysis may be needed.

In general, by cultivating a mindful and meditative approach, we can improve our ability to identify gaps in reasoning and missing elements in information. Mindfulness and meditation helps us to develop improved awareness, greater attention to detail, enhanced problem-solving skills, as well as increased objectivity, each of which can contribute to effective decision-making and improved outcomes.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ANALYSE REASONING USED IN FINDING AND APPLYING
SOLUTIONS, AS WELL AS IN CHOICE OF RESOURCES

Mindfulness and meditation helps to analyse reasoning used in finding and applying solutions, as well as in the choice of resources, in several ways:

- **Improved Attention:** Mindfulness and meditation helps us to develop improved attention, focus, as well as awareness. With these skills, we are better equipped to identify and analyse the reasoning used in finding and applying solutions and in selecting resources. By paying attention to the reasoning process, we can identify potential biases and logical fallacies and ensure that our decision-making is grounded in rational and objective thinking;
- **Greater Objectivity:** Mindfulness and meditation helps us to cultivate greater objectivity when analyzing the reasoning used in finding and applying solutions and in selecting resources. By developing a neutral

perspective, we can accurately evaluate the strengths and weaknesses of different solutions and resources and make informed decisions;

- **Enhanced Problem-Solving Skills:** Mindfulness and meditation helps us to enhance our problem-solving skills. With improved problem-solving skills, we are better equipped to identify and analyse different solutions and resources, as well as select the ones that are most appropriate for the situation at hand;

- **Improved Creativity:** Mindfulness and meditation enhances our creativity, helping us to identify unique and innovative solutions to problems. By approaching problem-solving with an open and creative mindset, we can identify resources that may not be immediately obvious and find effective solutions.

In general, by cultivating a mindful and meditative approach, we can improve our ability to analyse the reasoning used in finding and applying solutions and in selecting resources. Mindfulness and meditation helps us to develop improved attention, greater objectivity, enhanced problem-solving skills, as well as improved creativity, each of which can contribute to effective decision-making and improved outcomes.

K) DRAW CONCLUSIONS AND DESIGN A COURSE OF ACTION

Ways in which mindfulness and meditation helps us draw conclusions and design a course of action include:

- **Improved Clarity and Objectivity:** Mindfulness and meditation helps us become clear-headed and objective, allowing us to see situations clearly and come to accurate conclusions. This enhanced clarity helps us identify the best course of action based on the available information;

- **Enhanced Creativity:** Mindfulness and meditation enhances our creativity and help us come up with new and innovative ideas. By tapping into our unconscious mind, we can access a greater range of ideas and insights, which helps us develop creative solutions to complex problems;

- **Increased Self-Awareness:** Mindfulness and meditation helps us become aware of our thoughts, emotions, as well as biases. This increased self-awareness helps us recognise and overcome cognitive biases that might be limiting our ability to draw accurate conclusions and design a course of action that is aligned with our values and goals;

- **Improved Emotional Regulation:** Mindfulness and meditation helps us

regulate our emotions effectively, allowing us to make decisions based on reason rather than being driven by strong emotions. This helps us design a course of action that is more effective in achieving our goals.

In general, by cultivating a mindful and meditative approach, we can improve our ability to draw accurate conclusions and design a course of action that is aligned with our values and goals. Mindfulness and meditation helps us become clear-headed, creative, self-aware, as well as emotionally regulated, each of which can contribute to better decision-making and effective action.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
DIFFERENTIATE THE COMPONENTS OF A
DESIGNED COURSE OF ACTION AND TOLERATE
AMBIGUITIES WHEN DRAWING CONCLUSIONS

Mindfulness and meditation helps us differentiate the components of a designed course of action and tolerate ambiguities when drawing conclusions in various ways, including:

- **Increased Clarity:** Mindfulness and meditation helps us develop greater clarity of thought, making it easier to differentiate the components of a designed course of action. By focusing our attention on the task at hand and reducing distractions, we can identify the key components of a course of action and develop a clear understanding of how they fit together;
- **Improved Metacognition:** Mindfulness and meditation improves our metacognitive abilities, allowing us to better understand our own thinking processes and identify areas where we may be uncertain or ambiguous. By recognising areas of ambiguity, we can work to resolve them and develop a clear and well-defined course of action;
- **Enhanced Patience:** Mindfulness and meditation enhances our patience and tolerance for ambiguity, allowing us to effectively navigate complex situations where the outcome may be uncertain or difficult to predict. By remaining calm and focused in the face of ambiguity, we can effectively differentiate the components of a designed course of action and draw accurate conclusions;
- **Improved Decision-Making:** Mindfulness and meditation improves our decision-making skills, allowing us to effectively weigh the different components of a designed course of action and identify the best way forward. By cultivating greater self-awareness and objectivity, we can make

informed decisions and develop a course of action that is well-defined and effective.

In general, by cultivating a mindful and meditative approach, we improve our ability to differentiate the components of a designed course of action and tolerate ambiguities when drawing conclusions. Mindfulness and meditation helps us develop greater clarity, metacognition, patience, as well as decision-making skills, each of which can contribute to effective decision-making and improved outcomes.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
USE LOGICAL AND ABSTRACT THINKING TO
ANALYSE AND SYNTHESISE COMPLEX INFORMATION
TO INFORM A COURSE OF ACTION**

Ways in which mindfulness and meditation helps us use logical and abstract thinking to analyse and synthesise complex information to inform a course of action include:

- **Improved Attention and Focus:** Mindfulness and meditation helps us develop greater attention and focus, allowing us to effectively analyse complex information. With improved focus, we can identify patterns and relationships in complex data, which helps us synthesise information and identify the best course of action;
- **Increased Creativity:** Mindfulness and meditation enhances our creativity, allowing us to think abstractly and identify new and innovative solutions to complex problems. This helps us synthesise information from different sources and identify new insights and opportunities;
- **Enhanced Objectivity:** Mindfulness and meditation helps us develop an objective perspective, allowing us to analyse complex information accurately and make informed decisions. By recognising and overcoming our own biases, we can accurately synthesise information and identify the most effective courses of action;
- **Improved Problem-Solving Skills:** Mindfulness and meditation improves our problem-solving skills, making it easier to analyse complex information and identify the best course of action. With improved problem-solving skills, we can effectively analyse complex information, identify the underlying causes of problems, as well as develop solutions that address those causes.

In general, by cultivating a mindful and meditative approach, we can improve our ability to use logical and abstract thinking to analyse and synthesise complex information to inform a course of action. Mindfulness and meditation helps us develop greater attention and focus, creativity, objectivity, as well as problem-solving skills, each of which can contribute to effective decision-making and improved outcomes.

L) EVALUATE PROCEDURES AND OUTCOMES

Ways in which mindfulness and meditation helps us evaluate procedures and outcomes include:

- **Increased Attention to Detail:** Mindfulness and meditation helps us develop greater attention to detail, making it easier to identify the strengths and weaknesses of different procedures. This increased attention helps us identify areas for improvement and optimize procedures for better outcomes;
- **Improved Focus and Concentration:** Mindfulness and meditation helps us improve our ability to focus and concentrate, allowing us to effectively evaluate the outcomes of different procedures. With improved focus, we can better identify patterns and trends in data, which helps us make informed decisions;
- **Enhanced Objectivity:** Mindfulness and meditation helps us develop an objective perspective, allowing us to evaluate procedures and outcomes based on their merits rather than being influenced by personal biases or external pressures. This helps us make accurate and unbiased evaluations;
- **Increased Self-Awareness:** Mindfulness and meditation helps us become aware of our own thoughts and emotions, making it easier to recognise and overcome biases that might be influencing our evaluations. This helps us make objective and accurate evaluations of procedures and outcomes.

In general, by cultivating a mindful and meditative approach, we can improve our ability to evaluate procedures and outcomes more effectively. Mindfulness and meditation helps us develop greater attention to detail, focus, objectivity, as well as self-awareness, each of which can contribute to better decision-making and effective outcomes.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
EXPLAIN INTENTIONS AND JUSTIFY IDEAS, METHODS
AND COURSES OF ACTION, AS WELL AS ACCOUNT

**FOR EXPECTED AND UNEXPECTED OUTCOMES
AGAINST CRITERIA THEY HAVE IDENTIFIED**

Mindfulness and meditation helps us explain our intentions, justify ideas and methods, as well as account for expected and unexpected outcomes against criteria we have identified. Ways in which mindfulness and meditation assists include:

- **Improved Communication Skills:** Mindfulness and meditation helps us improve our communication skills, making it easier to explain our intentions and justify our ideas and methods. With improved communication skills, we can effectively articulate our thought processes and explain how we arrived at our conclusions;
- **Enhanced Self-Awareness:** Mindfulness and meditation helps us become aware of our own thought processes and emotions, making it easier to identify the underlying reasons behind our ideas and methods. By understanding our own motivations and biases, we can effectively justify our ideas and methods to others and account for expected and unexpected outcomes;
- **Increased Objectivity:** Mindfulness and meditation helps us develop an objective perspective, allowing us to account for expected and unexpected outcomes against the criteria we have identified. With improved objectivity, we can accurately evaluate the effectiveness of our ideas and methods and make adjustments as necessary;
- **Improved Emotional Regulation:** Mindfulness and meditation helps us regulate our emotions more effectively, allowing us to account for unexpected outcomes without becoming overly reactive or defensive. This helps us effectively explain our intentions and justify our ideas and methods, even in challenging or unexpected circumstances.

In general, by cultivating a mindful and meditative approach, we can improve our ability to explain our intentions, justify our ideas and methods, as well as account for expected and unexpected outcomes against the criteria we have identified. Mindfulness and meditation helps us improve our communication skills, self-awareness, objectivity, as well as emotional regulation, each of which can contribute to effective decision-making and improved outcomes.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
EVALUATE THE EFFECTIVENESS OF IDEAS, PRODUCTS**

**AND PERFORMANCES AND IMPLEMENT COURSES
OF ACTION TO ACHIEVE DESIRED OUTCOMES
AGAINST CRITERIA THEY HAVE IDENTIFIED**

Ways in which mindfulness and meditation helps us evaluate the effectiveness of ideas, products, as well as performances and implement courses of action to achieve desired outcomes include:

- **Enhanced Clarity and Focus:** Mindfulness and meditation helps us become clear-headed and focused, allowing us to evaluate the effectiveness of ideas, products, as well as performances with greater accuracy. With improved focus, we can better identify the strengths and weaknesses of different approaches, as well as make informed decisions about which course of action is likely to lead to the desired outcome;
- **Improved Creativity:** Mindfulness and meditation enhances our creativity and help us come up with new and innovative ideas. This increased creativity helps us evaluate ideas, products, as well as performances from different angles, as well as identify new and creative solutions to problems;
- **Increased Self-Awareness:** Mindfulness and meditation helps us become aware of our own biases and assumptions, allowing us to evaluate ideas, products, as well as performances objectively. By recognising our own biases, we may accurately evaluate and implement courses of action that are likely to achieve the desired outcomes;
- **Enhanced Emotional Regulation:** Mindfulness and meditation helps us regulate our emotions effectively, making it easier to make decisions based on reason rather than being driven by reactive emotions. This helps us identify effective courses of action and implement these with greater confidence and clarity.

In general, by cultivating a mindful and meditative approach, we can improve our ability to evaluate the effectiveness of ideas, products, as well as performances, as well as implement courses of action to achieve desired outcomes. Mindfulness and meditation helps us become clear-headed, creative, self-aware, as well as emotionally regulated, each of which can contribute to better decision-making and effective outcomes.

ETHICAL UNDERSTANDING LEARNING CONTINUUM

Ethical Understanding learning continuum

Sub-element	Level 1 Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Understanding ethical concepts and issues element						
Recognise ethical concepts	identify ethical concepts arising in familiar contexts, such as good and bad behaviours	describe ethical concepts, such as right and wrong, honesty, fairness and tolerance	identify ethical concepts, such as equality, respect and connectedness, and describe some of their attributes	examine and explain ethical concepts such as truth and justice that contribute to the achievement of a particular outcome	analyse behaviours that exemplify the dimensions and challenges of ethical concepts	critique generalised statements about ethical concepts
Explore ethical concepts in context	describe familiar situations that involve ethical concepts	discuss ethical concepts within a range of familiar contexts	discuss actions taken in a range of contexts that include an ethical dimension	explain what constitutes an ethically better or worse outcome and how it might be accomplished	analyse the ethical dimensions of beliefs and the need for action in a range of settings	distinguish between the ethical and non-ethical dimensions of complex issues
Reasoning in decision making and actions element						
Reason and make ethical decisions	identify examples from stories and experiences that show ways people make decisions about their actions	discuss how people make decisions about their actions and offer reasons why people's decisions differ	explain reasons for acting in certain ways, including the conflict between self-respect and self-interest in reaching decisions	explore the reasons behind there being a variety of ethical positions on a social issue	analyse inconsistencies in personal reasoning and societal ethical decision making	investigate reasons for clashes of beliefs in issues of personal, social and global importance
Consider consequences	identify links between emotions and behaviours	describe the effects that personal feelings and dispositions have on how people behave	examine the links between emotions, dispositions and unintended consequences of their actions on others	evaluate the consequences of actions in familiar and hypothetical scenarios	investigate scenarios that highlight ways that personal dispositions and actions can affect consequences	analyse the objectivity or subjectivity behind decision making where there are many possible consequences
Reflect on ethical action	identify and describe the influence of factors such as wants and needs on people's actions	give examples of how understanding situations can influence the way people act	consider whether having a conscience leads to ways of acting ethically in different scenarios	articulate a range of ethical responses to situations in various social contexts	analyse perceptions of occurrences and possible ethical response in challenging scenarios	evaluate diverse perceptions and ethical bases of action in complex contexts

Ethical Understanding learning continuum

Sub-element	Level 1 Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Exploring values, rights and responsibilities element						
Examine values	identify values that are important to them	discuss some agreed values in familiar contexts	identify and describe shared values in familiar and unfamiliar contexts	examine values accepted and enacted within various communities	assess the relevance of beliefs and the role and application of values in social practices	analyse and explain the interplay of values in national and international forums and policy making
Explore rights and responsibilities	share examples of rights and responsibilities in given situations	identify their rights and associated responsibilities and those of their classmates	investigate children's rights and responsibilities at school and in the local community	monitor consistency between rights and responsibilities when interacting face-to-face or through social media	analyse rights and responsibilities in relation to the duties of a responsible citizen	evaluate the merits of conflicting rights and responsibilities in global contexts
Consider points of view	express their own point of view and listen to the views of others	recognise that there may be many points of view when probing ethical dilemmas and identify alternative views	describe different points of view associated with an ethical dilemma and give possible reasons for these differences	explain a range of possible interpretations and points of view when thinking about ethical dilemmas	draw conclusions from a range of points of view associated with challenging ethical dilemmas	use reasoning skills to prioritise the relative merits of points of view about complex ethical dilemmas

II - ETHICAL UNDERSTANDING LEARNING CONTINUUM

1 – UNDERSTANDING ETHICAL CONCEPTS AND ISSUES

Meditation and mindfulness supports understanding ethical concepts and issues by fostering qualities that are essential for ethical reasoning and decision-making. Ways in which meditation and mindfulness can be beneficial include:

- **Developing greater awareness and empathy:** Meditation and mindfulness practices helps us develop greater awareness of our thoughts, feelings, and behaviours, as well as those of others. By becoming aware of the experiences of others, we develop greater empathy, which is essential for understanding ethical concepts and issues from multiple perspectives;
- **Encouraging non-judgemental awareness:** Meditation and mindfulness practices encourages non-judgemental awareness, which is essential for examining ethical issues with an open mind. By cultivating a non-judgemental attitude, we can suspend preconceptions and biases and approach ethical issues with objectivity and curiosity;
- **Enhancing moral reasoning:** Meditation and mindfulness practices enhances moral reasoning abilities, which develops understanding ethical concepts and issues. By cultivating a clear and focused mind, we can analyse ethical issues effectively, identify underlying assumptions and values, as well as apply principles of ethical reasoning to make informed decisions;
- **Reducing stress and emotional reactivity:** Meditation and mindfulness practices helps reduce stress and emotional reactivity, which can otherwise interfere with our ability to reason clearly and make ethical decisions. By reducing stress and emotional reactivity, we can approach ethical issues with greater calmness and clarity, which allows us to make thoughtful and deliberate decisions;
- **Cultivating a sense of purpose and meaning:** Meditation and mindfulness practices helps us cultivate a sense of purpose and meaning, further developing understanding ethical concepts and issues. By connecting with our values, we develop a deeper understanding of ethical issues and make decisions that align with our sense of meaning and purpose.

In general, meditation and mindfulness supports understanding ethical concepts and issues by fostering qualities such as cognitive awareness, empathy, non-judgemental awareness, moral reasoning, as well as a sense of purpose and meaning. Through regular practice, this develops the skills and mindset we need to approach ethical issues with greater depth, insight, as well as ethical sensitivity.

A) RECOGNISE ETHICAL CONCEPTS

Meditation can be a useful tool for recognising and understanding ethical concepts through developing self-awareness and the ability to reflect on one's own thoughts, feelings, and behaviours. By cultivating mindfulness and awareness through meditation, individuals become aware of their own ethical beliefs and values, as well as better understand how these beliefs influence their thoughts and actions.

An important way in which meditation helps individuals recognise ethical concepts is by developing empathy and compassion. Through mindful and meditative practices, individuals develop a greater awareness of the thoughts and feelings of others, becoming sensitive of the needs and concerns of those around them. This supports individuals develop a greater sense of empathy and compassion, which can in turn lead to a greater understanding of ethical concepts such as fairness, justice, as well as respect for others.

Meditation helps individuals recognise ethical concepts by developing inner calm and clarity. By learning to cultivate a sense of inner stillness and focus through meditation, individuals develop a greater sense of clarity and insight into their own thoughts and feelings, as well as the thoughts and feelings of others. This supports individuals develop a greater sense of moral reasoning and ethical decision-making, as well as enable them to make informed and ethical choices in their personal and professional lives.

In general, meditation helps individuals recognise ethical concepts by developing personal responsibility and accountability. By developing greater self-awareness and self-reflection through meditation, individuals become aware of their own ethical beliefs and values, as well as take greater responsibility for their own thoughts, feelings, and actions. This enables individuals to make ethical choices in their personal and professional lives, as well as helps them to become effective and ethical leaders in their communities and social groups.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ANALYSE BEHAVIOURS THAT EXEMPLIFY THE DIMENSIONS AND CHALLENGES OF ETHICAL CONCEPTS

Mindfulness and meditation are useful practices for analysing behaviours that exemplify the dimensions and challenges of ethical concepts. By cultivating mindfulness and self-awareness, individuals develop a greater understanding of their own thoughts, feelings, and behaviours, as well as the ways in which these may be influenced by ethical considerations.

Mindfulness and meditation supports analysis is by developing a greater sense of emotional regulation. By learning to observe and accept one's own thoughts and feelings without judgement, individuals become aware of the emotional dimensions of ethical concepts such as empathy, compassion, and forgiveness. This supports individuals to better understand the emotional drivers of ethical behaviour and to identify patterns of thought and behaviour that may influence or interfere with ethical decision-making.

Mindfulness and meditation also supports analysis by developing greater clarity and focus. By learning to cultivate a sense of inner stillness and focus, individuals develop a greater ability to think critically and analytically about ethical concepts and the behaviours that exemplify them. This supports individuals identify underlying principles and values that guide ethical decision-making, as well as the practical challenges and trade-offs that may arise in real-world ethical dilemmas.

Mindfulness and meditation further supports analysis by developing ethical reflection and self-inquiry. By cultivating mindfulness and self-awareness, individuals become aware of their own ethical beliefs and values, as well as reflect on how these may be influencing their thoughts, feelings, and behaviours. This supports individuals to identify areas of ethical strength and weakness, as well as to develop strategies for addressing ethical challenges and improving ethical decision-making in their personal lives and social settings.

In general, mindfulness and meditation are powerful practices for analysing behaviours that exemplify the dimensions and challenges of ethical concepts. By developing emotional regulation, clarity and focus, as well as ethical reflection and self-inquiry, mindfulness and meditation helps individuals to better understand the underlying principles and values of ethical behaviour, as well as to develop strategies for improving ethical decision-making in their lives.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

CRITIQUE GENERALISED STATEMENTS ABOUT ETHICAL CONCEPTS

Mindfulness and meditation can be helpful for critiquing generalised statements about ethical concepts by developing a greater awareness of the complexities and nuances of ethical issues. By cultivating mindfulness and self-awareness, individuals become aware of the specific context and details of ethical dilemmas, as well as better understand the practical challenges and trade-offs that may arise in ethical decision-making.

On the one hand, mindfulness and meditation helps with this critique is by developing non-judgemental awareness. By learning to observe and accept one's own thoughts and feelings without judgement, individuals become aware of the biases and assumptions that may underlie generalised statements about ethical concepts. This supports individuals to critically evaluate such statements and to identify areas of agreement and disagreement.

On the other, mindfulness and meditation helps with this critique by developing curiosity and inquiry. By cultivating mindfulness and self-awareness, individuals become aware of their own thoughts, feelings, and beliefs, as well as reflect on how these may be influencing their perspective on ethical concepts. This supports individuals to ask nuanced questions about ethical issues, as well as challenge assumptions and biases that may be limiting their understanding.

Furthermore, mindfulness and meditation helps by developing ethical reasoning and decision-making. By cultivating a sense of inner stillness and focus, individuals can develop a greater ability to think critically and analytically about ethical concepts, as well as evaluate the practical implications of different ethical perspectives. This supports individuals identify the strengths and weaknesses of generalised statements about ethical concepts, as well as develop informed and nuanced positions on ethical issues.

In general, mindfulness and meditation are powerful tools for critiquing statements that include ethical concepts. By developing non-judgemental awareness, curiosity and inquiry, as well as ethical reasoning and decision-making, mindfulness and meditation helps individuals to better understand the complexities and nuances of ethical issues, as well as develop informed and nuanced perspectives on ethical concepts.

B) EXPLORE ETHICAL CONCEPTS IN CONTEXT

Mindfulness and meditation assists in exploring ethical concepts in context

by developing a greater awareness of the specific details and complexities of ethical dilemmas. By cultivating mindfulness and self-awareness, individuals become aware of the practical challenges and trade-offs that may arise in ethical decision-making, as well as the specific context and circumstances in which ethical issues arise.

Mindfulness and meditation helps with this exploration is by developing non-judgemental awareness. By learning to observe and accept one's own thoughts and feelings without judgement, individuals become aware of the biases and assumptions that may underlie their perspective and the ethical concepts assumed. Mindful non-judgemental awareness helps individuals approach ethical dilemmas with an open and curious mindset, as well as explore different perspectives and viewpoints.

As well, mindfulness and meditation helps by developing curiosity and inquiry. By cultivating mindfulness and self-awareness, individuals become aware of their own thoughts, feelings, and beliefs, as well as reflect on how these may be influencing their understanding of ethical concepts. Mindful curiosity and inquiry helps individuals ask deeper and nuanced questions about ethical issues, as well as challenge assumptions and biases that may be limiting their understanding.

Furthermore, mindfulness and meditation helps by developing ethical reflection and self-inquiry. By cultivating mindfulness and self-awareness, individuals become aware of their own ethical beliefs and values, as well as reflect on how these may be influencing their perspective with regards the context in which are embedded ethical concepts. Mindful ethical reflection an self-enquiry helps individuals identify areas of ethical strength and weakness, as well as develop strategies for addressing ethical challenges and improving ethical decision-making in specific situations.

In general, mindfulness and meditation practices are powerful tools for exploring ethical concepts in various contexts. By developing non-judgemental awareness, curiosity and inquiry, ethical reflection and self-inquiry, mindfulness and meditation helps individuals to better understand the specific details and complexities of ethical dilemmas, as well as develop informed and nuanced perspectives on ethical concepts in specific situations.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ANALYSE THE ETHICAL DIMENSIONS OF BELIEFS AND
THE NEED FOR ACTION IN A RANGE OF SETTINGS

Mindfulness and meditation supports us to analyse the ethical dimensions of beliefs and the need for action in a range of settings through developing a greater awareness of one's own ethical beliefs and values, as well as by developing a deeper understanding of the ethical implications of beliefs and actions in different contexts.

Mindfulness and meditation helps by developing non-judgemental awareness. By learning to observe and accept one's own thoughts and feelings without judgement, individuals become aware of the ethical beliefs and values that may underlie their perspective on different issues. This supports individuals to identify areas of ethical strength and weakness, as well as develop a nuanced understanding of the ethical dimensions of beliefs and actions.

In addition, mindfulness and meditation helps by developing curiosity and inquiry. By cultivating mindfulness and self-awareness, individuals become aware of their own thoughts, feelings, and beliefs, as well as reflect on how these may be influencing their understanding of ethical concepts. This supports individuals ask deeper or nuanced questions about ethical implications of beliefs and actions, as well as challenge assumptions and biases that may be limiting their understanding.

Furthermore, mindfulness and meditation helps by developing ethical reasoning and decision-making. By cultivating inner stillness and focus, individuals develop a greater ability to think critically and analytically about ethical concepts, as well as evaluate the practical implications of different ethical perspectives in a range of settings. This supports individuals to identify areas where action may be needed to address ethical challenges, as well as to develop strategies for taking action that are consistent with their own ethical beliefs and values.

In general, mindfulness and meditation are powerful practices for analysing the ethical dimensions of beliefs in a range of settings. By developing non-judgemental awareness, curiosity and inquiry, ethical reasoning and decision-making, mindfulness and meditation helps individuals to understand ethical implications of different beliefs and actions in a range of settings and contexts, as well as develop strategies that address ethical challenges in a manner that is consistent with their ethical beliefs and values.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
DISTINGUISH BETWEEN THE ETHICAL AND NON-
ETHICAL DIMENSIONS OF COMPLEX ISSUES

Mindfulness and meditation helps us distinguish between the ethical and non-ethical dimensions of complex issues by through supporting deeper understanding of the different perspectives and values that may be at play in a given situation.

Mindfulness and meditation practices help by developing non-judgemental awareness. By learning to observe and accept one's own thoughts and feelings without judgement, individuals become aware of the various factors that may be influencing their understanding of complex issues, including their own biases and assumptions. This supports individuals identify and set aside non-ethical considerations, such as personal biases, preferences, or interests, as well as focus clearly on the ethical dimensions of a particular issue.

Mindfulness and meditation practices help by developing curiosity and inquiry. By cultivating mindfulness and self-awareness practices, individuals become aware of the different perspectives and values that may be at play in a given situation, including those that may be in conflict with their own. This supports individuals ask deeper and nuanced questions about the ethical dimensions of complex issues, as well as challenge assumptions and biases that may be limiting their understanding.

Furthermore, mindfulness and meditation helps by developing ethical reasoning and decision-making. By developing a greater ability to focus and analyse complex issues, individuals become adept at identifying and evaluating various ethical considerations that may be at play in a particular situation. This supports individuals distinguish between ethical and non-ethical dimensions of complex issues, as well as make informed and thoughtful decisions about how to address these issues in a way that is consistent with their own ethical values.

In general, mindfulness and meditation are valuable practices for distinguishing ethical and non-ethical dimensions of complex issues. By developing non-judgemental awareness, curiosity and inquiry, ethical reasoning and decision-making, mindfulness and meditation helps individuals better understand the various perspectives that may be at play in a particular situation, as well as make thoughtful and informed decisions about how to address ethical challenges.

2 – REASONING IN DECISION MAKING AND ACTIONS
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Meditation and mindfulness supports reasoning in decision-making and actions by helping individuals cultivate mental and emotional qualities

necessary for effective decision-making. Ways in which mindfulness and meditation are beneficial include:

- **Enhancing cognitive flexibility:** Meditation and mindfulness practices help individuals develop greater cognitive flexibility, which is essential for effective decision-making. By developing the ability to shift perspectives and consider multiple options, individuals can approach decisions with greater creativity and adaptability;
- **Developing greater self-awareness:** Meditation and mindfulness practices help individuals develop greater self-awareness, another essential aspect of effective decision-making. By becoming aware of one's own thoughts, emotions, and biases, individuals can make decisions that are aligned with their values and goals;
- **Encouraging non-judgemental awareness:** Meditation and mindfulness practices encourage non-judgemental awareness, effective in supporting rational decision-making. By approaching decisions with an open mind and suspending preconceptions and biases, individuals make objective and rational decisions;
- **Reducing stress and emotional reactivity:** Meditation and mindfulness practices reduce stress and emotional reactivity, which can otherwise interfere with effective decision-making. By reducing stress and emotional reactivity, individuals approach decisions with greater clarity and calmness, allowing them to make thoughtful and deliberate decisions;
- **Developing greater emotional regulation:** Meditation and mindfulness practices develop greater emotional regulation, essential for effective decision-making. By learning to regulate their emotions, individuals can approach decisions with emotional balance and make decisions that are less influenced by strong emotions.

In general, mindfulness and meditation supports reasoning in decision-making by cultivating qualities such as cognitive flexibility, self-awareness, non-judgemental awareness, emotional regulation, as well as reducing stress and emotional reactivity. Through regular practice, individuals develop skills and the mindset necessary to make decisions that are effective, thoughtful, as well as aligned with their goals and values.

C) REASON AND MAKE ETHICAL DECISIONS

Mindfulness and meditation helps us reason and make ethical decisions by developing greater awareness of our thoughts, emotions, and underlying

values, as well as by developing a deeper understanding of the ethical implications of our actions.

Mindfulness and meditation develops inner stillness and focus. By developing a greater ability to focus and concentrate, individuals become better equipped to analyse complex ethical issues and weigh the different considerations that may be at play in a given situation. This supports individuals to make thoughtful and informed ethical decisions.

Mindfulness and meditation also develops non-judgemental awareness. By learning to observe and accept our thoughts, emotions, and beliefs without judgement, individuals become aware of their underlying values and ethical beliefs. This helps us identify and evaluate ethical considerations and to weigh these against other factors that may be at play in a given situation.

Furthermore, mindfulness and meditation develops ethical reasoning and decision-making. By cultivating mindfulness and self-awareness, individuals become aware of the ethical implications of their actions and decisions, as well as develop a greater ability to reason ethically and evaluate the practical implications of different ethical perspectives. This supports individuals identify ethical challenges and develop strategies for addressing these in a way that is consistent with their own ethical beliefs and values.

In general, mindfulness and meditation are effective practices for ethical decision-making, developing inner stillness and focus, non-judgemental awareness, as well as ethical reasoning and decision-making. By developing these skills, individuals become adept at analysing complex ethical issues and at making thoughtful and informed ethical decisions in a range of different contexts.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ANALYSE INCONSISTENCIES IN PERSONAL REASONING
AND SOCIETAL ETHICAL DECISION MAKING

Mindfulness and meditation helps us investigate reasons for clashes of beliefs in issues of personal, social, and global importance by developing awareness and understanding of different perspectives and values that may be at play in given situations.

Developing mindfulness and meditation develops non-judgemental awareness. By learning to observe and accept our thoughts, emotions, and

beliefs without judgement, individuals become aware of the underlying values and assumptions that drive beliefs and actions. This helps us identify and challenge our biases and assumptions, as well as become open to the perspectives of others.

Mindfulness and meditation also helps investigate reasons for clashes of beliefs by developing curiosity and inquiry. By cultivating mindfulness and self-awareness, individuals become aware of different perspectives and values that may be at play in given situations, as well as develop their ability to ask deeper and nuanced questions about the underlying reasons for clashes of beliefs. This supports individuals identify underlying values and beliefs that are driving conflicting perspectives, as well as explore ways to bridge these differences and find common ground.

Furthermore, mindfulness and meditation helps with investigating reasons for clashes of beliefs by developing ethical reasoning and decision-making. By developing a greater ability to focus and analyse complex issues, individuals become better equipped to identify the underlying ethical considerations that may be at play in particular situations, as well as evaluate different ethical perspectives that drive conflicting beliefs. This supports individuals identify underlying ethical dimensions of clashes of beliefs, as well as develop strategies for addressing these clashes in ways that are consistent with their own ethical beliefs and values.

In general, mindfulness and meditation are effective practices for investigating reasons for clashes of beliefs in issues of personal, social, and global importance by developing non-judgemental awareness, curiosity and inquiry, as well as ethical reasoning and decision-making. By developing these skills, individuals become adept at identifying underlying values and beliefs that are driving conflicts, as well as exploring ways to bridge these differences and find common ground.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
INVESTIGATE REASONS FOR CLASHES OF BELIEFS IN ISSUES
OF PERSONAL, SOCIAL AND GLOBAL IMPORTANCE

Mindfulness and meditation helps us investigate reasons for clashes of beliefs in issues of personal, social, and global importance by developing greater self-awareness and understanding of the different perspectives and values that may be at play in given situations.

Mindfulness and meditation develops non-judgemental awareness. By learning to observe and accept our thoughts, emotions, and beliefs

without judgement, individuals become aware of underlying values and assumptions that drive our beliefs and actions. This helps us identify and challenge our biases and assumptions, as well as become open to the perspectives of others.

Similarly, mindfulness and meditation supports investigating reasons for clashes of beliefs by developing curiosity and inquiry. By cultivating mindfulness and self-awareness practices, individuals become aware of different perspectives and values that may be at play in given situations, as well as develop a greater ability to ask nuanced questions about the underlying reasons for clashes of beliefs. This supports individuals identify underlying values and beliefs that are driving conflicting perspectives, as well as explore ways to bridge these differences and find common ground.

Furthermore, mindfulness and meditation helps with investigating reasons for clashes of beliefs by developing ethical reasoning and decision-making. By developing our ability to focus and analyse complex issues, individuals become better equipped to identify underlying ethical considerations that may be at play in particular situations, as well as evaluate different ethical perspectives that drive conflicting beliefs. This supports individuals identify underlying ethical dimensions of clashes of beliefs, as well as develop strategies for addressing these clashes in a way that is consistent with their own ethical beliefs and values.

In general, mindfulness and meditation are effective practices for investigating reasons for clashes of beliefs of personal, social, and global importance by developing non-judgemental awareness, curiosity and inquiry, as well as ethical reasoning and decision-making. By developing these skills, individuals become adept at identifying underlying values and beliefs driving conflicts, as well as exploring ways to bridge these differences and find common ground.

D) CONSIDER CONSEQUENCES

Mindfulness and meditation helps us consider consequences in several ways. These include:

- Increased self-awareness: Mindfulness and meditation helps us become aware of our thoughts, feelings, and physical sensations. This increased awareness helps us notice when we are about to make a decision that could have negative consequences, as well as allow us to pause and consider the potential outcomes before we act;
- Reduced impulsivity: Mindfulness and meditation helps us become

less reactive. This reduces impulsivity, allowing us to consider potential consequences of our actions carefully before making decisions;

- Improved focus: Mindfulness and meditation improves our ability to focus our attention. This helps us stay present in the moment and avoid getting distracted allowing us to consider potential consequences of our actions effectively;
- Reduced stress: Mindfulness and meditation reduces stress, which improves our ability to think clearly and make rational decisions.

In general, by helping us become self-aware, less impulsive, focused, and less stressed, mindfulness and meditation allows us to consider consequences of our actions effectively. This leads to better decision-making and positive outcomes.

Mindfulness and meditation practices develop an open and curious attitude towards our thoughts and feelings. This helps us approach situations with a greater sense of curiosity and openness, rather than reacting with fear or defensiveness. By cultivating this attitude, we become willing to explore different options and consider a wider range of possible consequences, leading to creative and adaptive decision-making. Additionally, practicing mindfulness and meditation develops compassion and empathy towards ourselves and others, which influences the way we approach decision-making and its consequences.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
INVESTIGATE SCENARIOS THAT HIGHLIGHT
WAYS THAT PERSONAL DISPOSITIONS AND
ACTIONS CAN AFFECT CONSEQUENCES

Mindfulness and meditation helps us investigate scenarios that highlight ways that personal dispositions and actions affect consequences in several ways.

Firstly, mindfulness and meditation develops a greater awareness of our thought patterns, emotions, as well as behaviours. By observing these internal experiences without judgement, we gain insights into how our personal dispositions and actions contribute to consequences we experience. For example, we might notice our tendency towards impatience or impulsivity, causing us to make hasty decisions that have negative consequences.

Secondly, mindfulness and meditation develops a greater sense of empathy and compassion towards ourselves and others. This helps us recognise ways in which our actions impact others and the world around us. By developing empathy and compassion, we become motivated to make positive changes in our behaviour and work towards creating positive outcomes.

Thirdly, mindfulness and meditation develops a flexible and adaptive mindset. By cultivating a greater sense of openness and curiosity, we become willing to explore different options and consider a wider range of possible consequences. This helps us become creative and adaptive in our decision-making, as well as able to navigate complex situations with greater skill and confidence.

In general, by helping us develop greater self-awareness, empathy, as well as adaptability, mindfulness and meditation helps us investigate scenarios that highlight ways that personal dispositions and actions affect consequences, as well as empowering us to make positive changes in our lives and in the world around us.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ANALYSE THE OBJECTIVITY OR SUBJECTIVITY BEHIND DECISION-
MAKING WHERE THERE ARE MANY POSSIBLE CONSEQUENCES**

Mindfulness and meditation helps us analyse the objectivity or subjectivity behind decision-making where there are many possible consequences in several ways.

Firstly, mindfulness and meditation develops a greater awareness of our biases and preconceptions. By observing our thoughts and emotions without judgement, we become aware of the ways in which our beliefs and experiences influence decision-making. This helps us identify potential areas of bias and subjectivity, as well as allowing to consider alternative perspectives or approaches.

Secondly, mindfulness and meditation helps us cultivate a greater sense of objectivity by staying focused on the present moment. By staying present and grounded, we become aware of the actual facts and details of a situation, as well as less likely to get swept up in our subjective interpretations or biases.

Thirdly, mindfulness and meditation develops greater insight into our values and priorities. By cultivating a deeper understanding of what truly matters to us, we become confident and objective in our decision-making,

as well as able to align our choices with our authentic selves.

In general, by helping us develop greater awareness, objectivity, as well as insight, mindfulness and meditation helps us analyse the objectivity or subjectivity behind decision-making and aware of the many possible consequences. This develops our ability to make informed, thoughtful choices, as well as ultimately create positive outcomes in our lives and in the world around us.

E) REFLECT ON ETHICAL ACTION

Mindfulness and meditation helps us reflect on ethical action in various ways.

Firstly, mindfulness and meditation develops a greater awareness of our thoughts, feelings, as well as behaviours. This increased awareness helps us notice when we are acting in ways that might not align with our ethical principles, as well as allowing us to reflect on our actions and make intentional choices.

Secondly, mindfulness and meditation helps us cultivate a greater sense of compassion and empathy towards ourselves and others. By developing awareness and empathy, we become aware of the ethical implications of our actions, as well as motivated to act in ways that are kind, just, and fair.

Thirdly, mindfulness and meditation develops a deeper understanding of our values and priorities. By reflecting on what truly matters to us, we become clear and intentional in ethical decision-making, as well as able to align our choices with our authentic selves.

As well, mindfulness and meditation develops an expansive and inclusive perspective. By cultivating a sense of open-mindedness and curiosity, we become willing to consider alternative viewpoints and ethical frameworks, as well as able to engage in thoughtful, productive dialogue with others.

In general, by helping to develop greater awareness, compassion, values clarity, as well as perspective-taking, mindfulness and meditation helps us reflect on ethical action and make choices that align with our deepest values and contribute to the greater good.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ANALYSE PERCEPTIONS OF OCCURRENCES AND POSSIBLE

ETHICAL RESPONSE IN CHALLENGING SCENARIOS

Mindfulness and meditation helps us analyse perceptions of occurrences and possible ethical responses in challenging scenarios in several ways.

Firstly, mindfulness and meditation develops a greater awareness of our thoughts, feelings, and biases. By observing our thoughts and emotions without judgement, we become aware of the ways in which our perceptions and assumptions might be influencing our ethical judgements. This helps us identify potential areas of bias and subjectivity, as well as developing our capacity to consider alternative perspectives or ethical frameworks.

Secondly, mindfulness and meditation cultivates an open-minded and curious approach to ethical analysis. By approaching ethical questions with a sense of openness and curiosity, we increase our ability to consider alternative viewpoints and ethical frameworks, as well as able to engage in thoughtful, productive dialogue with others.

Thirdly, mindfulness and meditation develops a deeper sense of empathy and compassion towards others. By cultivating awareness and compassion, we become aware of the ethical implications of our actions, as well as motivated to act in ways that are kind, just, and fair.

In addition, mindfulness and meditation develops a sense of equanimity and resilience in the face of challenging ethical scenarios. By cultivating a sense of inner calm and stability, we become able to navigate complex ethical questions with a sense of clarity and purpose.

In general, by helping us develop greater awareness, openness, compassion, as well as equanimity, mindfulness and meditation helps us analyse perceptions of occurrences and possible ethical responses in challenging scenarios. This allows us to make informed, thoughtful, and ethical choices, as well as ultimately contribute to a just and compassionate world.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

EVALUATE DIVERSE PERCEPTIONS AND ETHICAL BASES OF ACTION IN COMPLEX CONTEXTS

Mindfulness and meditation helps us evaluate diverse perceptions and ethical bases of action in complex contexts in several ways.

Firstly, mindfulness and meditation develops an awareness of our biases and assumptions. By observing our thoughts and emotions without

judgement, we become aware of the ways in which our perceptions and assumptions influences our ethical judgements. This helps us identify potential areas of bias and subjectivity, as well as allowing us to consider alternative perspectives or ethical frameworks.

Secondly, mindfulness and meditation cultivates an open-minded and curiosity-laden approach to ethical analysis. By approaching ethical questions with a sense of openness and curiosity, we are able to consider alternative viewpoints and ethical frameworks, as well as engage in thoughtful and productive dialogue with others.

Thirdly, mindfulness and meditation develops a greater sense of empathy and compassion towards others. By cultivating awareness and compassion, we gain insights to the ethical implications of our actions, as well as remain motivated to act in ways that are kind, just, and fair.

In addition, mindfulness and meditation develops an expansive and inclusive perspective. By cultivating a sense of open-mindedness and curiosity, we become willing to consider alternative viewpoints and ethical frameworks, as well as engage in thoughtful and productive dialogue with others.

Fifthly, mindfulness and meditation develops a sense of equanimity and resilience in the face of complex ethical scenarios. By cultivating a sense of inner calm and stability, we develop our ability to navigate complex ethical questions with a sense of clarity and purpose.

In general, by helping us develop greater awareness, openness, empathy, perspective-taking, as well as equanimity, mindfulness and meditation helps us evaluate diverse perceptions and ethical bases of action in complex contexts. This encourages us to make informed, thoughtful, and ethical choices, as well as ultimately contribute to a just and compassionate world.

3 – EXPLORING VALUES, RIGHTS AND RESPONSIBILITIES

Meditation and mindfulness is helpful in exploring values, rights, and responsibilities by supporting individuals in developing self-awareness, compassion, as well as empathy. Ways in which mindfulness and meditation supports this process includes:

- Developing greater self-awareness: Mindfulness and meditation practices helps individuals become aware of their thoughts, emotions, as well as values. This supports individuals clarify their values and priorities, which

supports decision-making and actions that are aligned with their values;

- **Developing greater compassion:** Meditation and mindfulness practices develop compassion and empathy. This supports individuals in recognising the inherent worth and dignity of people, as well as in making decisions and taking actions that are respectful and compassionate;
- **Cultivating ethical mindfulness:** Mindfulness and meditation practices cultivates ethical mindfulness, including paying attention to the ethical dimensions of one's thoughts, emotions, and actions. This supports individuals in making ethical decisions and taking ethical actions that are aligned with their values and principles;
- **Developing greater perspective-taking:** Mindfulness and meditation practices develops perspective-taking abilities, which supports individuals in recognising the perspectives and experiences of others. This supports us in making decisions and taking actions that are respectful and inclusive;
- **Encouraging ethical reflection:** Mindfulness and meditation practices encourages ethical reflection, including reflecting on one's values, beliefs, as well as reflecting on actions in light of ethical considerations. This supports individuals in developing ethical awareness and in making decisions or taking actions that are consistent with values and principles.

In general, mindfulness and meditation is helpful in exploring values, rights, as well as responsibilities by supporting individuals in developing greater self-awareness, compassion, empathy, ethical mindfulness, perspective-taking, and ethical reflection. Through regular practice, individuals can develop the skills and mindset necessary to navigate complex ethical issues with clarity, wisdom, as well as integrity.

F) EXAMINE VALUES

Ways in which mindfulness and meditation helps us examine our values include:

- **Increased self-awareness:** Mindfulness and meditation helps us become aware of our thoughts, emotions, and beliefs. This increased self-awareness helps us identify values that are important and evaluate whether our actions align with those values;
- **Reflection and contemplation:** Mindfulness and meditation creates a space for reflection and contemplation, allowing us to explore values in greater depth. By taking time to consider values, we gain an understanding

of motivations and priorities;

- Reducing cognitive biases: Mindfulness and meditation helps reduce cognitive biases, including what are referred to as confirmation bias and availability bias, which may otherwise distort perception of values. By reducing these biases, we gain clearer and more accurate understanding of our values;
- Developing ethical reasoning: Mindfulness and meditation develops ethical reasoning skills, developing our ability to examine values in complex situations. By engaging in ethical reasoning, we evaluate implications of values and make informed and thoughtful decisions.

In general, by enhancing self-awareness, developing reflection and contemplation, reducing cognitive biases, and developing ethical reasoning, mindfulness and meditation helps us examine our values in a rigorous and informed way. This ultimately helps us make decisions that align with our values and lead to a fulfilling and purposeful life.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ASSESS THE RELEVANCE OF BELIEFS AND THE ROLE AND APPLICATION OF VALUES IN SOCIAL PRACTICES

Ways in which mindfulness and meditation helps us assess the relevance of beliefs and the role and application of values in social practices include:

- Increased self-awareness: Mindfulness and meditation helps us become aware of our beliefs and values. This increased self-awareness allows us to reflect on how beliefs and values shape understanding of social practices, as well as whether they are still relevant and applicable in the current context;
- Development of empathy: Mindfulness and meditation develops greater empathy, including toward those who may have different beliefs and values. This broadens understanding and appreciation to the diversity of beliefs and values that exist in society, as well as to effectively navigate social practices that may involve multiple perspectives;
- Reduction of reactivity: Mindfulness and meditation reduces reactivity and emotional bias, allowing us to evaluate the relevance of beliefs and values in social practices in a objective and rational way. By reducing emotional bias, we remain open to alternative perspectives and able to consider their merits;

- **Development of ethical reasoning:** Mindfulness and meditation develops ethical reasoning skills, allowing us to evaluate the implications of beliefs and values in complex social contexts. By engaging in ethical reasoning, we effectively assess the relevance of beliefs and values in social practices and make informed and thoughtful decisions.

In general, by enhancing self-awareness, developing empathy, reducing reactivity, as well as developing ethical reasoning, mindfulness and meditation helps us assess the relevance of beliefs and the role of values in social practices. This develops our ability to navigate complex social contexts effectively and contribute to society in an ethical and harmonious manner.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ANALYSE AND EXPLAIN THE INTERPLAY OF VALUES IN NATIONAL AND INTERNATIONAL FORUMS AND POLICY MAKING

Mindfulness and meditation helps in analysing and explaining the interplay of values that occurs in national and international forums and in policy-making by facilitating understanding of underlying values that influences decision-making. Ways in which mindfulness and meditation can be helpful include:

- **Increased self-awareness:** Mindfulness and meditation develops self-awareness and understanding one's values and beliefs. This develops recognition of one's biases and how these influence decision-making. With this awareness, policy-analysis can be subjected to alternative perspectives as well as informed and balanced alternatives;
- **Development of empathy:** Mindfulness and meditation can also facilitate the development of empathy, essential for understanding the values and perspectives of others. This can be particularly useful in analysing policies, where cultural and societal differences may reflect conflicting values. By developing empathy, policy-makers become better able to understand and appreciate diverse values that exist in various cultures and societies, which then facilitates effective dialogue and collaboration;
- **Reduction of reactivity:** Mindfulness and meditation reduces reactivity and emotional bias, allowing insights into policy-making and the interplay of values in national and international forums. By reducing emotional bias, policy-making can be open-minded and alternative perspectives able to be considered on their merits;

- **Development of ethical reasoning:** Mindfulness and meditation develops ethical reasoning skills, which allows us to analyse and explain the interplay of values in national and international forums and policy-making. By engaging in ethical reasoning, we can effectively evaluate the implications of different values based on ethical considerations.

In general, by enhancing self-awareness, developing empathy, reducing reactivity, as well as developing ethical reasoning, mindfulness and meditation helps analysing and explains the interplay of values in national and international forums and policy-making. This facilitates effective reflection and analysis that takes into account diverse values and perspectives that exist in different cultures and societies.

G) EXPLORE RIGHTS AND RESPONSIBILITIES

Mindfulness and meditation helps explore rights and responsibilities by developing self-reflection and self-awareness. Ways in which mindfulness and meditation helps include:

- **Developing empathy:** Mindfulness and meditation develops empathy, essential for understanding rights and the perspectives of others. By cultivating empathy, we better appreciate the experiences and needs of others, as well as develop a sense of responsibility towards others;
- **Understanding our biases:** Mindfulness and meditation helps us become aware of our biases and assumptions. This helps us recognise how beliefs and values influence perceptions of rights and responsibilities;
- **Recognising interdependence:** Mindfulness and meditation helps us recognise our interdependence with others and the environment. By recognising our interconnectedness, we better appreciate the impact of actions on others and accept responsibility for the consequences of our actions;
- **Developing ethical reasoning:** Mindfulness and meditation develops ethical reasoning skills, which enables us to better evaluate the rights and responsibilities of individuals and groups. By engaging in ethical reasoning, we consider the ethical implications of actions and decisions, as well as take responsibility for our choices.

In general, by developing empathy, increasing self-awareness, recognising our interdependence, as well as developing ethical reasoning skills, mindfulness and meditation helps us explore and understand the rights and responsibilities of individuals and groups. This facilitates ethical and

responsible decision-making and behaviour.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ANALYSE RIGHTS AND RESPONSIBILITIES IN RELATION
TO THE DUTIES OF A RESPONSIBLE CITIZEN

Mindfulness and meditation helps us analyse rights and responsibilities in relation to the duties of a responsible citizen by developing self-reflection and ethical reasoning. Ways in which mindfulness and meditation are helpful include:

- **Developing a sense of responsibility:** Mindfulness and meditation develops responsibility towards others and the environment. By recognising our interconnectedness with others and the impact of our actions, a greater sense of responsibility towards others and the world around us develops;
- **Increasing self-awareness:** Mindfulness and meditation increases awareness of our thoughts, emotions, and behaviours. This self-awareness helps us recognise ways in which our actions and decisions impact others, as well as enabling us to take responsibility for our actions;
- **Developing ethical reasoning skills:** Mindfulness and meditation develops ethical reasoning skills, which enables us to evaluate the rights and responsibilities of citizens in society. By engaging in ethical reasoning, we consider the ethical implications of our actions and decisions, as well as take responsibility for our choices;
- **Developing empathy:** Mindfulness and meditation develops empathy, essential for understanding the rights and perspectives of others. By cultivating empathy, we better appreciate the experiences of others and develop a sense of responsibility towards others;
- **Encouraging civic engagement:** Mindfulness and meditation encourages civic engagement by developing responsibility towards the community and the world around us. By recognising the importance of contributing to society, we take actions that promote the common good and advance the well-being of others.

In general, by developing responsibility, self-awareness, ethical reasoning skills, empathy, as well as civic engagement, mindfulness and meditation helps us analyse their rights and responsibilities and contributes to a just and equitable world.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
EVALUATE THE MERITS OF CONFLICTING RIGHTS
AND RESPONSIBILITIES IN GLOBAL CONTEXTS

Mindfulness and meditation helps us evaluate the merits of conflicting rights and responsibilities in global contexts by developing open-mindedness, empathy, as well as critical thinking. Ways in which mindfulness and meditation are helpful include:

- **Developing open-mindedness:** Mindfulness and meditation develops an open and curious mindset, supporting our evaluation of conflicting perspectives and considering different points of view. By cultivating open-mindedness, we avoid confirmation bias and preconceptions as well as remain receptive to new ideas;
- **Cultivating empathy:** Mindfulness and meditation cultivates empathy, essential for understanding the perspectives and needs of others. By developing empathy, we appreciate the complexities of conflicting rights and responsibilities and consider the impact of our decisions on others;
- **Developing critical thinking:** Mindfulness and meditation develops critical thinking, an important aspect for evaluating the merits of conflicting rights and responsibilities. By engaging in critical thinking, we evaluate arguments, weigh evidence, as well as assess the strengths and weaknesses of different perspectives;
- **Encouraging collaboration:** Mindfulness and meditation encourages collaboration by developing connectedness and recognising the importance of working together towards shared goals. By collaborating with others, we identify shared values and work towards solutions that promote the common good;
- **Fostering a global perspective:** Mindfulness and meditation fosters a global perspective through evaluating the merits of conflicting rights and responsibilities. By recognising the interconnectedness of the world and the impact of our decisions on others, we develop a nuanced understanding of conflicting perspectives and consider the potential implications of our actions on a global scale.

In general, by developing open-mindedness, empathy, critical thinking, as well as collaboration, mindfulness and meditation helps us evaluate the merits of conflicting rights and responsibilities and contribute to a just and equitable world.

H) CONSIDER POINTS OF VIEW

Ways in which mindfulness and meditation helps us consider various points of view include:

- **Increased awareness:** Mindfulness and meditation helps us become aware of our thoughts, feelings, and physical sensations, as well as the environment around us. This in turn supports us to notice when we become attached to particular points of view, or when we ignore alternative perspectives. With this awareness, we are able to take a step back, as well as to objectively consider alternative points of view;
- **Greater empathy:** Mindfulness and meditation develops empathy, helping us understand and consider points of view effectively. By developing empathy, we become open-minded and receptive to different perspectives, as well as able to see things from someone else's point of view;
- **Reduced judgement:** Mindfulness and meditation helps us become less judgemental of ourselves and others. By reducing our tendency to judge, we become open to different perspectives, as well as able to consider various perspectives without bias or preconceptions;
- **Improved listening skills:** Mindfulness and meditation develops listening skills. By practicing active listening, we become aware of the nuances of other people's points of view, as well as able to appreciate various perspectives.

In general, by helping us become aware, empathetic, non-judgemental, and attentive, mindfulness and meditation helps us consider points of view effectively. This allows us to engage in productive and constructive dialogue, as well as ultimately contribute to harmonious relationships and a compassionate society.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

DRAW CONCLUSIONS FROM A RANGE OF POINTS OF VIEW ASSOCIATED WITH CHALLENGING ETHICAL DILEMMAS

Ways in which mindfulness and meditation helps draw conclusions from a range of points of view associated with challenging ethical dilemmas include:

- **Heightened awareness:** Mindfulness and meditation increases awareness of our thoughts, emotions, biases, as well as the perspectives of others. This

heightened awareness helps us effectively consider a range of points of view associated with challenging ethical dilemmas, as well as avoid fixation on a single perspective;

- **Cultivation of empathy:** Mindfulness and meditation develops empathy, allowing us to understand and appreciate the perspective of others. By cultivating empathy, we become receptive to alternative points of view, as well as able to integrate these into our ethical reasoning;
- **Improved decision-making:** Mindfulness and meditation develops a focused and clear-minded approach to ethical reasoning. By reducing distractions and emotional reactivity, we become able to consider a range of points of view associated with challenging ethical dilemmas, as well as effectively evaluate their strengths and weaknesses. This ultimately helps us reach informed and thoughtful ethical conclusions;
- **Reduced stress and anxiety:** Mindfulness and meditation reduces stress and anxiety, creating a supportive and conducive environment for ethical reasoning. By reducing stress and anxiety, we are able to engage in sustained ethical reflection, as well as draw conclusions that are both fair and compassionate.

In general, by enhancing awareness, empathy, decision-making, and well-being, mindfulness and meditation helps us draw conclusions from a range of points of view associated with challenging ethical dilemmas. This allows us to reach ethical conclusions that are thoughtful, inclusive, and fair, as well as contribute to an ethical and harmonious society.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

USE REASONING SKILLS TO PRIORITISE THE RELATIVE MERITS OF POINTS OF VIEW ABOUT COMPLEX ETHICAL DILEMMAS

Ways in which mindfulness and meditation helps us use reasoning skills to prioritise the relative merits of points of view about complex ethical dilemmas include:

- **Improved critical thinking:** Mindfulness and meditation develops an analytical and critical approach to ethical reasoning. By observing thoughts and emotions without judgement, we become aware of biases and assumptions, as well as able to critically evaluate the strengths and weaknesses of different points of view;
- **Greater focus:** Mindfulness and meditation develops focus and

concentration, allowing us to effectively consider complex ethical dilemmas. By training our attention, we effectively engage in deep and sustained ethical reasoning, as well as explore relative merits of different perspectives;

- Cultivation of wisdom: Mindfulness and meditation develops wisdom and insight. By cultivating an expansive and inclusive perspective, we identify commonalities and shared values between different points of view, as well as identify ethical solutions that balance competing interests;
- Reduced emotional reactivity: Mindfulness and meditation helps us become less reactive to emotions, allowing us to engage in objective and rational ethical reasoning. By reducing emotional reactivity, we become able to consider complex ethical dilemmas with clarity and equanimity, as well as identify solutions that are both just and compassionate.

In general, by improving critical thinking, focus, wisdom, as well as emotional regulation, mindfulness and meditation helps us use reasoning skills to prioritise the relative merits of points of view about complex ethical dilemmas. This allows us to identify solutions that are fair, just, and compassionate, as well as ultimately contribute to a harmonious and ethical society.

PERSONAL AND SOCIAL LEARNING CAPABILITY LEARNING CONTINUUM

Personal and Social Capability learning continuum

Sub-element	Level 1a Students:	Level 1b Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Self-awareness element							
Recognise emotions	recognise and identify their own emotions	identify a range of emotions and describe situations that may evoke these emotions	compare their emotional responses with those of their peers	describe the influence that people, situations and events have on their emotions	explain how the appropriateness of emotional responses influences behaviour	examine influences on and consequences of their emotional responses in learning, social and work-related contexts	reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts
Recognise personal qualities and achievements	express a personal preference	identify their likes and dislikes, needs and wants, and explore what influences these	identify and describe personal interests, skills and achievements and explain how these contribute to family and school life	describe personal strengths and challenges and identify skills they wish to develop	describe the influence that personal qualities and strengths have on their learning outcomes	make a realistic assessment of their abilities and achievements, and prioritise areas for improvement	assess their strengths and challenges and devise personally appropriate strategies to achieve future success
Understand themselves as learners	select tasks they can do in different learning contexts	identify their abilities, talents and interests as learners	discuss their strengths and weaknesses as learners and identify some learning strategies to assist them	identify and describe factors and strategies that assist their learning	identify preferred learning styles and work habits	identify and choose a range of learning strategies appropriate to specific tasks and describe work practices that assist their learning	evaluate the effectiveness of commonly used learning strategies and work practices and refine these as required
Develop reflective practice	recognise and identify participation in or completion of a task	reflect on their feelings as learners and how their efforts affect skills and achievements	reflect on what they have learnt about themselves from a range of experiences at home and school	reflect on personal strengths and achievements, based on self-assessment strategies and teacher feedback	monitor their progress, seeking and responding to feedback from teachers to assist them in consolidating strengths, addressing weaknesses and fulfilling their potential	predict the outcomes of personal and academic challenges by drawing on previous problem-solving and decision-making strategies and feedback from peers and teachers	reflect on feedback from peers, teachers and other adults, to analyse personal characteristics and skill sets that contribute to or limit their personal and social capability

Personal and Social Capability learning continuum

Sub-element	Level 1a Students:	Level 1b Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Self-management element							
Express emotions appropriately	recognise and identify how their emotions influence the way they feel and act	express their emotions constructively in interactions with others	describe ways to express emotions to show awareness of the feelings and needs of others	identify and describe strategies to manage and moderate emotions in increasingly unfamiliar situations	explain the influence of emotions on behaviour, learning and relationships	forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour	consider control and justify their emotional responses, in expressing their opinions, beliefs, values, questions and choices
Develop self-discipline and set goals	make a choice to participate in a class activity	follow class routines to assist learning	set goals in learning and personal organisation by completing tasks within a given time	explain the value of self-discipline and goal-setting in helping them to learn	analyse factors that influence ability to self-regulate; devise and apply strategies to monitor own behaviour and set realistic learning goals	select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals	critically analyse self-discipline strategies and personal goals and consider their application in social and work-related contexts
Work independently and show initiative	attempt tasks with support or prompting	attempt tasks independently and identify when and from whom help can be sought	work independently on routine tasks and experiment with strategies to complete other tasks where appropriate	consider, select and adopt a range of strategies for working independently and taking initiative	assess the value of working independently, and taking initiative to do so where appropriate	critique their effectiveness in working independently by identifying enablers and barriers to achieving goals	establish personal priorities, manage resources effectively and demonstrate initiative to achieve personal goals and learning outcomes
Become confident, resilient and adaptable	identify people and situations with which they feel a sense of familiarity or belonging	identify situations that feel safe or unsafe, approaching new situations with confidence	undertake and persist with short tasks, within the limits of personal safety	persist with tasks when faced with challenges and adapt their approach where first attempts are not successful	devise strategies and formulate plans to assist in the completion of challenging tasks and the maintenance of personal safety	assess, adapt and modify personal and safety strategies and plans, and revisit tasks with renewed confidence	evaluate, rethink and refine approaches to tasks to take account of unexpected or difficult situations and safety considerations

Personal and Social Capability learning continuum

Sub-element	Level 1a Students:	Level 1b Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Social awareness element							
Appreciate diverse perspectives	show an awareness for the feelings, needs and interests of others	acknowledge that people hold many points of view	describe similarities and differences in points of view between themselves and people in their communities	discuss the value of diverse perspectives and describe a point of view that is different from their own	explain how means of communication differ within and between communities and identify the role these play in helping or hindering understanding of others	acknowledge the values, opinions and attitudes of different groups within society and compare to their own points of view	articulate their personal value system and analyse the effects of actions that repress social power and limit the expression of diverse views
Contribute to civil society		describe ways they can help at home and school	describe how they contribute to their homes, classrooms and local communities, and how others care for and assist them	identify the various communities to which they belong and what they can do to make a difference	identify a community need or problem and consider ways to take action to address it	analyse personal and social roles and responsibilities in planning and implementing ways of contributing to their communities	plan, implement and evaluate ways of contributing to civil society at local, national regional and global levels
Understand relationships		explore relationships through play and group experiences	identify ways to care for others, including ways of making and keeping friends	describe factors that contribute to positive relationships, including with people at school and in their community	identify the differences between positive and negative relationships and ways of managing these	identify indicators of possible problems in relationships in a range of social and work related situations	explain how relationships differ between peers, parents, teachers and other adults, and identify the skills needed to manage different types of relationships

Personal and Social Capability learning continuum

Sub-element	Level 1a Students:	Level 1b Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Social management element							
Communicate effectively	respond to the feelings, needs and interests of others	identify positive ways to initiate, join and interrupt conversations with adults and peers	discuss the use of verbal and nonverbal communication skills to respond appropriately to adults and peers	identify communication skills that enhance relationships for particular groups and purposes	identify and explain factors that influence effective communication in a variety of situations	analyse enablers of and barriers to effective verbal, nonverbal and digital communication	formulate plans for effective communication (verbal, nonverbal, digital) to complete complex tasks
Work collaboratively		share experiences of cooperation in play and group activities	identify cooperative behaviours in a range of group activities	describe characteristics of cooperative behaviour and identify evidence of these in group activities	contribute to groups and teams, suggesting improvements in methods used for group investigations and projects	assess the extent to which individual roles and responsibilities enhance group cohesion and the achievement of personal and group objectives	critique their ability to devise and enact strategies for working in diverse teams, drawing on the skills and contributions of team members to complete complex tasks
Make decisions		identify options when making decisions to meet their needs and the needs of others	practise individual and group decision making in situations such as class meetings and when working in pairs and small groups	contribute to and predict the consequences of group decisions in a range of situations	identify factors that influence decision making and consider the usefulness of these in making their own decisions	assess individual and group decision-making processes in challenging situations	develop and apply criteria to evaluate the outcomes of individual and group decisions and analyse the consequences of their decision making
Negotiate and resolve conflict		listen to others' ideas, and recognise that others may see things differently from them	practise solving simple interpersonal problems, recognising there are many ways to solve conflict	identify a range of conflict resolution strategies to negotiate positive outcomes to problems	identify causes and effects of conflict, and practise different strategies to diffuse or resolve conflict situations	assess the appropriateness of various conflict resolution strategies in a range of social and work-related situations	generate, apply and evaluate strategies such as active listening, mediation and negotiation to prevent and resolve interpersonal problems and conflicts

Personal and Social Capability learning continuum

Sub-element	Level 1a Students:	Level 1b Typically, by the end of Foundation Year, students:	Level 2 Typically, by the end of Year 2, students:	Level 3 Typically, by the end of Year 4, students:	Level 4 Typically, by the end of Year 6, students:	Level 5 Typically, by the end of Year 8, students:	Level 6 Typically, by the end of Year 10, students:
Develop leadership skills	respond to the feelings, needs and interests of others	identify ways to take responsibility for familiar tasks at home and school	discuss ways in which they can take responsibility for their own actions	discuss the concept of leadership and identify situations where it is appropriate to adopt this role	initiate or help to organise group activities that address a common need	plan school and community projects, applying effective problem-solving and team-building strategies, and making the most of available resources to achieve goals	propose, implement and monitor strategies to address needs prioritised at local, national, regional and global levels, and communicate these widely

ACARA – AUSTRALIAN CURRICULUM

III - PERSONAL AND SOCIAL CAPABILITY LEARNING CONTINUUM

1 – SELF-AWARENESS

Mindfulness and meditation are effective practices for developing self-awareness, an important element of personal and social capabilities. Ways in which mindfulness and meditation helps develop self-awareness include:

- **Focusing attention:** Mindfulness and meditation involve focusing your attention on your breath, your body, or a specific object of concentration. By doing this, you become aware of your thoughts, feelings, and physical sensations;
- **Observing thoughts and emotions:** As you meditate, you become aware of thoughts and emotions that arise in your mind. By observing these thoughts and emotions without judgement, you gain insight into patterns of thinking and feeling;
- **Cultivating self-compassion:** Mindfulness and meditation develops self-compassion by supporting us to be kind and non-judgemental towards yourself. This helps you become aware of your strengths and weaknesses, and develop a balanced and realistic self-image;
- **Increasing emotional intelligence:** Mindfulness and meditation develops emotional intelligence, which involves being able to recognise and manage your emotions, as well as understand and empathise with the emotions of others. By becoming aware of your emotions, you develop empathy and understanding for others;
- **Enhancing self-regulation:** Mindfulness and meditation develops self-regulation, which involves being able to manage your behaviour and emotions in a positive way. By becoming aware of your thoughts and feelings, you learn to respond to them in a constructive way, rather than reacting impulsively.

In general, mindfulness and meditation develops self-awareness by increasing your ability to focus your attention, observe your thoughts and emotions, cultivate self-compassion, increase emotional intelligence, and enhance self-regulation.

A) RECOGNISE EMOTIONS

Mindfulness and meditation supports us in recognising our emotions by helping us develop emotional intelligence, which involves awareness and understanding of our emotions and the emotions of others. Ways in which mindfulness and meditation supports us include:

- **Developing self-awareness:** Mindfulness and meditation improves awareness of our thoughts, feelings, and bodily sensations. By paying attention to these experiences in a non-judgemental way, we develop understanding of our emotions and their causes;
- **Cultivating non-judgemental awareness:** Mindfulness and meditation develops a non-judgemental awareness of our emotions. By observing emotions without reacting or judging them, we develop self-awareness and self-control;
- **Practicing self-compassion:** Mindfulness and meditation develops self-compassion, which involves treating ourselves with kindness, care, and understanding. By developing the ability to be kind and supportive towards ourselves, we acknowledge and accept our emotions, even if they are difficult or uncomfortable;
- **Developing empathy:** Mindfulness and meditation develops empathy, which involves understanding and sharing the feelings of others. By developing the ability to recognise and empathise with the emotions of others, we develop emotional intelligence and social awareness;
- **Cultivating calm:** Mindfulness and meditation cultivates calm and relaxation. By practicing mindfulness and meditation regularly, we develop emotional resilience and the ability to respond to emotions in a calm and centered way.

In general, mindfulness and meditation supports us in recognising emotions and by helping develop self-awareness, non-judgemental awareness, self-compassion, empathy, and calm. By developing these skills and qualities, we improve our emotional intelligence and respond to emotions in a healthy and adaptive way.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
EXAMINE INFLUENCES ON AND CONSEQUENCES
OF THEIR EMOTIONAL RESPONSES IN LEARNING,
SOCIAL AND WORK-RELATED CONTEXTS

Mindfulness and meditation supports us in examining influences on and consequences of our emotional responses in learning, social, and work-related contexts. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves awareness of our thoughts, emotions, and behaviour patterns. This increased self-awareness makes it easier to recognise influences on our emotional response, such as beliefs, values, and past experiences;
- **Non-judgemental observation:** Mindfulness and meditation develops the ability to observe our emotional responses without judgement. This makes it easier to examine consequences of our emotional responses and identify any patterns or triggers that may be influencing them;
- **Improved emotional regulation:** Mindfulness and meditation regulates emotions and reduces stress and anxiety. This helps when examining influences on emotional responses and identifying patterns or triggers;
- **Developing empathy:** Mindfulness and meditation develops empathy. This helps when examining the consequences of emotional responses and when considering the perspectives and emotions of others involved;
- **Mindful communication:** Mindfulness and meditation develops mindful communication skills, which assists when examining influences on and consequences of emotional responses in social and work-related contexts. This include active listening, speaking clearly and assertively, as well as responding with empathy and understanding.

In general, mindfulness and meditation supports us in examining influences on and consequences of emotional responses in learning, as well as social and work-related contexts by increasing self-awareness, non-judgemental observation, improving emotional regulation, developing empathy, and practicing mindful communication. By using these practices, we effectively manage our emotional responses and communicate effectively in social and work-related contexts.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
REFLECT ESSENTIALLY ON THEIR EMOTIONAL RESPONSES
TO CHALLENGING SITUATIONS IN A WIDE RANGE OF
LEARNING, SOCIAL AND WORK-RELATED CONTEXTS

Mindfulness and meditation supports us reflect essentially on our emotional responses to challenging situations in a wide range of learning, as well as social and work-related contexts. Ways in which mindfulness and meditation supports this include:

- Increased self-awareness: Mindfulness and meditation improves awareness of our thoughts, emotions, and behaviour patterns. This increased self-awareness makes it easier to recognise strong emotional responses and reflect essentially on them;
- Non-judgemental observation: Mindfulness and meditation develops the ability to observe emotional responses without judgement. This makes it easier to reflect essentially on emotional responses and identify any biases or limiting beliefs that may be influencing them;
- Improved emotional regulation: Mindfulness and meditation regulates our emotions and reduces stress and anxiety. This helps when reflecting essentially on emotional responses to challenging situations and identifying any patterns or triggers;
- Cultivating a growth mindset: Mindfulness and meditation develops a growth mindset, which is the belief that our abilities and intelligence be developed through effort and dedication. This makes it easier to approach challenging situations with a positive outlook and view these as opportunities for growth and learning;
- Developing empathy: Mindfulness and meditation develops empathy. This helps when reflecting essentially on emotional responses to challenging situations and when considering the perspectives and emotions of others.

In general, mindfulness and meditation supports us in reflecting essentially on our emotional responses to challenging situations by increasing self-awareness, non-judgemental observation, improving emotional regulation, cultivating a growth mindset, and developing empathy. By using these practices, we effectively manage our emotional responses and approach challenging situations with a balanced and constructive perspective.

B) RECOGNISE PERSONAL QUALITIES AND ACHIEVEMENTS

Mindfulness and meditation supports us in recognising our personal qualities and achievements by helping us develop self-awareness, self-compassion, and a non-judgemental attitude towards ourselves. Ways in which mindfulness and meditation supports us include:

- **Developing self-awareness:** Mindfulness and meditation improves awareness of our thoughts, emotions, and behaviour patterns. By observing our experiences without judgement or criticism, we develop an understanding of personal qualities and achievements;
- **Cultivating self-compassion:** Mindfulness and meditation develops self-compassion, which involves treating ourselves with kindness, care, and understanding. By developing the ability to be kind and supportive towards ourselves, we acknowledge personal qualities and achievements;
- **Practicing gratitude:** Mindfulness and meditation cultivates gratitude, which involves acknowledging and appreciating the positive aspects of our lives, including our personal qualities and achievements. By focusing our attention on what we have accomplished and what we are capable of, we build a positive self-image and sense of self-worth;
- **Emphasising the process, not just the outcome:** Mindfulness and meditation helps us focus on the journey, not just the destination. By recognising and celebrating our progress and effort, we build accomplishment and pride in ourselves, even if we haven't yet achieved our desired outcome;
- **Setting intention:** Mindfulness and meditation helps us set intention and focus on what we want to achieve. By setting clear and achievable goals and focusing our attention and efforts on these, we build clarity as we advance towards them.

In general, mindfulness and meditation supports us in recognising our personal qualities and achievements by helping us develop self-awareness, self-compassion, gratitude, emphasising the process, and setting intention. By developing these skills and qualities, we build a positive self-image, celebrate our accomplishments, and recognise our personal qualities and strengths.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
MAKE A REALISTIC ASSESSMENT OF THEIR ABILITIES AND ACHIEVEMENTS, AND PRIORITISE AREAS FOR IMPROVEMENT

Mindfulness and meditation supports us in making a realistic assessment of abilities and achievements and prioritising areas for improvement. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves

awareness of our thoughts, emotions, and behaviour patterns, including our abilities and achievements. This increased self-awareness makes it easier to assess strengths and weaknesses objectively and make a realistic assessment of abilities and achievements;

- **Non-judgemental observation:** Mindfulness and meditation develops the ability to observe ourselves and our experiences without judgement. This makes it easier to assess abilities and achievements objectively and without bias;
- **Improved focus and concentration:** Meditation improves focus and concentration, which assists when making a realistic assessment of abilities and achievements;
- **Cultivating gratitude:** Mindfulness and meditation cultivates gratitude for our abilities and achievements, while also recognising areas for improvement. This helps us maintain a positive outlook and approach areas for improvement with a growth mindset;
- **Prioritising areas for improvement:** Mindfulness and meditation helps us prioritise areas for improvement by increasing self-awareness and non-judgemental observation. By focusing on strengths and challenges objectively, we effectively identify areas for improvement and prioritise them accordingly.

In general, mindfulness and meditation supports us in making a realistic assessment of abilities and achievements as well as prioritising areas for improvement by increasing self-awareness, non-judgemental observation, improving focus and concentration, and cultivating gratitude. By using mindfulness and meditative practices, we effectively identify areas for improvement and develop strategies to achieve goals and reach further potential.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

ASSESS THEIR STRENGTHS AND CHALLENGES

AND DEVISE PERSONALLY APPROPRIATE

STRATEGIES TO ACHIEVE FUTURE SUCCESS

Mindfulness and meditation be helpful in assessing strengths and challenges as well as devising personally appropriate strategies to achieve future success. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves awareness of thoughts, emotions, and behaviour patterns, including strengths and challenges. This increased self-awareness makes it easier to identify areas for improvement and develop strategies to overcome challenges;
- **Non-judgemental observation:** Mindfulness and meditation develops the ability to observe ourselves and our experiences without judgement. This makes it easier to assess strengths and challenges objectively as well as identify areas for improvement without feeling discouraged or overwhelmed;
- **Improved focus and concentration:** Meditation improves focus and concentration, which assists when assessing strengths and challenges and devising strategies to achieve future success;
- **Increased emotional regulation:** Mindfulness and meditation regulates our emotions and reduce stress and anxiety. This helps when reflecting on our strengths and challenges and making plans for future success;
- **Developing a growth mindset:** Mindfulness and meditation develops a growth mindset, adjusting our belief that our abilities and intelligence are able to be developed through effort and dedication. This makes it easier to identify areas for improvement and develop strategies to overcome challenges.

In general, mindfulness and meditation supports assessing strengths and challenges as well as devising personally appropriate strategies to achieve future success by increasing self-awareness, non-judgemental observation, improving focus and concentration, increasing emotional regulation, and developing a growth mindset. By using these practices, we effectively identify areas for improvement and develop strategies to achieve goals.

C) UNDERSTAND THEMSELVES AS LEARNERS

Mindfulness and meditation supports understanding ourselves as learners by helping to develop self-awareness, self-compassion, and a growth mindset. Ways in which mindfulness and meditation supports this include:

- **Developing self-awareness:** Mindfulness and meditation helps us to become aware of thoughts, emotions, and behaviours, including strengths and weaknesses as learners. By observing experiences without judgement or self-criticism, we remain aware of learning styles, preferences, and challenges;

- **Cultivating self-compassion:** Mindfulness and meditation cultivates self-compassion, developing an understanding of ourselves as learners. By developing the ability to treat ourselves with kindness and understanding, even when we face challenges or setbacks, we persevere when facing difficulties and continue to grow and learn;
- **Developing a growth mindset:** Mindfulness and meditation supports a growth mindset, developing our understanding of ourselves as learners. By developing the ability to see challenges and setbacks as opportunities for learning and growth, we embrace new challenges and push ourselves beyond our comfort zones;
- **Improving focus and concentration:** Mindfulness and meditation improves focus and concentration, developing effective learning. By developing the ability to focus our attention on the present moment, we absorb new information and engage in deep learning;
- **Enhancing cognitive and emotional regulation:** Mindfulness and meditation regulates cognitive and emotional processes, developing effective learning. By developing the ability to observe thoughts and emotions without getting caught up in them, we manage distractions and emotional reactivity, and stay focused on our learning goals.

In general, mindfulness and meditation supports us understand ourselves as learners by developing self-awareness, self-compassion, a growth mindset, focus and concentration, as well as cognitive and emotional regulation. By developing these skills and qualities, we remain effective at learning, persisting in the face of challenges, and reaching further potential as learners.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
IDENTIFY AND CHOOSE A RANGE OF LEARNING STRATEGIES
APPROPRIATE TO SPECIFIC TASKS AND DESCRIBE
WORK PRACTICES THAT ASSIST THEIR LEARNING

Mindfulness and meditation be helpful in identifying and choosing a range of learning strategies appropriate to specific tasks and describing work practices that assist with learning. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves awareness of learning preferences and tendencies, as well as our strengths

and weaknesses. This makes it easier to identify learning strategies that are appropriate to specific tasks;

- **Non-judgemental observation:** Mindfulness and meditation develops the ability to observe ourselves and our experiences without judgement. This makes it easier to evaluate the effectiveness of our learning strategies and adjust them as needed;
- **Improved focus and concentration:** Meditation improves focus and concentration, which assists when selecting and using learning strategies;
- **Increased creativity and innovation:** Mindfulness and meditation develops creativity and innovation by quieting the mind and allowing ideas and perspectives to emerge. This helps when identifying and choosing learning strategies that may be less conventional but effective for specific tasks;
- **Developing a growth mindset:** Mindfulness and meditation develops a growth mindset, increasing our belief that abilities and intelligence are able to be developed through effort and dedication. This makes it easier to experiment with new learning strategies and practices, even if they may be challenging or unfamiliar.

In general, mindfulness and meditation supports us in identifying and choosing a range of learning strategies appropriate to specific tasks by increasing self-awareness, non-judgemental observation, improving focus and concentration, increasing creativity and innovation, and developing a growth mindset. By using these practices, we effectively engage in work practices that assist with learning, as well as achieve success and satisfaction in academic, personal and professional pursuits.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
EVALUATE THE EFFECTIVENESS OF COMMONLY
USED LEARNING STRATEGIES AND WORK PRACTICES
AND REFINE THESE AS REQUIRED**

Mindfulness and meditation be helpful in evaluating the effectiveness of commonly used learning strategies and work practices as well as refining these when required. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves awareness of our thoughts, emotions, and behaviour patterns, including

how we approach learning and work. This increased self-awareness makes it easier to recognise when our strategies and practices are not working effectively;

- Non-judgemental observation: Mindfulness and meditation develops the ability to observe ourselves and our experiences without judgement. This makes it easier to evaluate learning strategies and work practices objectively as well as identify areas for improvement;
- Improved focus and concentration: Meditation improves focus and concentration, which assists when evaluating the effectiveness of learning strategies and work practices;
- Increased emotional regulation: Mindfulness and meditation regulates emotions and reduce stress and anxiety. This helps when reflecting on the effectiveness of strategies and practices and making changes;
- Developing creativity and innovation: Mindfulness and meditation develops creativity and innovation by quieting the mind and allowing ideas and perspectives to emerge. This helps when refining learning strategies or work practices and finding new and effective ways to approach our tasks.

In general, mindfulness and meditation supports the effectiveness of learning strategies and work practices by increasing self-awareness, non-judgemental observation, improving focus and concentration, increasing emotional regulation, and developing creativity and innovation. By using these practices, we effectively refine learning and achieve satisfaction.

D) DEVELOP REFLECTIVE PRACTICE

Mindfulness and meditation supports developing reflective practice by helping us to become aware of our thoughts, emotions, and behaviours. Reflective practice involves taking the time to reflect on our experiences, analyse them, and learn from them in order to improve our performance and outcomes. Ways in which mindfulness and meditation supports us in developing reflective practice include:

- Developing self-awareness: Mindfulness and meditation develops self-awareness, thereby also developing reflective practice. By developing the ability to observe our thoughts, emotions, and behaviours without judgement, we remain aware of our strengths, weaknesses, and areas for improvement;
- Cultivating a non-judgemental attitude: Mindfulness and meditation

cultivates a non-judgemental attitude, further developing reflective practice. By developing the ability to observe our experiences without getting caught up in judgements or self-criticism, we analyse experiences objectively and learn from them;

- Developing a growth mindset: Mindfulness and meditation develops a growth mindset. By developing the ability to see challenges and setbacks as opportunities for learning and growth, we reflect on our experiences and extract meaningful insights that informs future action;
- Developing focus and concentration: Mindfulness and meditation develops focus and concentration, developing reflective practice. By developing the ability to focus attention on the present, we reflect on our experiences and extract valuable insights;
- Improving decision-making: Mindfulness and meditation improves decision-making by helping us to become aware of our values, priorities, and goals. By developing clarity and focus, we make decisions that align with our values and goals leading to better outcomes.

In general, mindfulness and meditation supports practice by developing self-awareness, cultivating a non-judgemental attitude, developing a growth mindset, improving focus and concentration, and improving decision-making. By developing these skills and qualities, we remain effective at reflecting on our experiences, learning from them, and improving our performance and future outcomes.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
PREDICT THE OUTCOMES OF PERSONAL AND ACADEMIC CHALLENGES BY DRAWING ON PREVIOUS PROBLEM-SOLVING AND DECISION-MAKING STRATEGIES AND FEEDBACK FROM PEERS AND TEACHERS

Mindfulness and meditation be helpful in predicting the outcomes of personal and academic challenges by drawing on previous problem-solving and decision-making strategies and feedback from peers and teachers. Ways in which mindfulness and meditation supports this include:

- Improved cognitive flexibility: Mindfulness and meditation develops cognitive flexibility, supporting our ability to shift our thinking and adapt to new situations. This helps us draw on previous problem-solving and decision-making strategies and apply them to new challenges;

- **Increased self-awareness:** Mindfulness and meditation improves awareness of strengths and weaknesses and our tendencies or preferences in certain situations. This helps us identify the problem-solving and decision-making strategies that have worked well and which ones have not;
- **Reduced stress and anxiety:** Mindfulness and meditation reduces stress and anxiety, which improves our ability to think clearly and make sound decisions;
- **Improved focus and concentration:** Meditation improves focus and concentration, which assists when analysing feedback and drawing on previous experiences;
- **Increased empathy and understanding:** Mindfulness and meditation develops empathy and understanding towards ourselves and others. This makes it easier to accept feedback from peers and teachers and to use that feedback to inform our decision-making and problem-solving strategies.

In general, mindfulness and meditation supports us predicting outcomes of personal and academic challenges by improving cognitive flexibility, increasing self-awareness, reducing stress and anxiety, improving focus and concentration, and increasing empathy and understanding. By using these practices, we effectively draw on previous problem-solving and decision-making strategies and feedback from peers and teachers, helping us make informed decisions as well as tackle new challenges with confidence and resilience.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
REFLECT ON FEEDBACK FROM PEERS, TEACHERS AND
OTHER ADULTS, TO ANALYSE PERSONAL CHARACTERISTICS
AND SKILL SETS THAT CONTRIBUTE TO OR LIMIT
THEIR PERSONAL AND SOCIAL CAPABILITY**

Mindfulness and meditation are effective practices that helps us reflect on feedback from peers, teachers, and other adults, and help us analyse our personal characteristics and skill-sets that contribute to, or limit, our personal and social capabilities. Ways in which mindfulness and meditation supports this include:

- **Increased self-awareness:** Mindfulness and meditation improves awareness of thoughts, emotions, and behaviour patterns. This increased self-awareness makes it easier to recognise our strengths and weaknesses as well as identify areas for improvement;

- **Non-judgemental observation:** Mindfulness and meditation develops the ability to observe ourselves and our experiences without judgement. This makes it easier to accept feedback from others without becoming defensive or reactive;
- **Improved focus and concentration:** Meditation improves focus and concentration, which assists when reflecting on feedback and analysing our personal characteristics and skill sets;
- **Increased emotional regulation:** Mindfulness and meditation regulates our emotions and reduce stress and anxiety. This helps when receiving feedback that may be difficult to hear or accept;
- **Developing compassion and empathy:** Mindfulness and meditation develops compassion and empathy towards ourselves and others. This makes it easier to understand the perspectives of others when receiving feedback and to be gentle and forgiving with ourselves when reflecting on our strengths and weaknesses.

In general, mindfulness and meditation supports reflection on feedback from peers, teachers, and other adults, by increasing self-awareness, non-judgemental observation, improving focus and concentration, increasing emotional regulation, and developing compassion and empathy. By using these practices, we effectively analyse our personal characteristics and skill sets and work towards personal and social growth and development.

2 – SELF-MANAGEMENT

Mindfulness and meditation are effective practices for developing self-management, a key aspect of personal and social capabilities. Ways in which mindfulness and meditation helps develop self-management include:

- **Cultivating self-awareness:** Mindfulness and meditation helps becoming aware of thoughts, emotions, and physical sensations. This increased awareness helps us identify situations and triggers that may lead to negative behaviours or reactions;
- **Developing impulse-control:** Mindfulness and meditation develops impulse-control by encouraging us to observe thoughts and emotions without reacting to them. By cultivating the ability to pause before reacting, we learn to respond to situations in a thoughtful and intentional way;

- Reducing stress and anxiety: Mindfulness and meditation helps reduce stress and anxiety by becoming aware of thoughts and emotions and developing ways to manage them. By reducing stress and anxiety, we better manage emotions and behaviours during challenging situations;
- Increasing emotional regulation: Mindfulness and meditation increases emotional regulation, which involves being able to manage and express emotions in a healthy and productive way. By becoming aware of emotions, we learn to respond to them in a constructive way;
- Developing resilience: Mindfulness and meditation develops resilience, which involves being able to bounce back from setbacks and challenges. By developing mindfulness and meditation practices, we develop inner strength and stability, which helps us cope with difficult situations.

In general, mindfulness and meditation develops self-management by increasing self-awareness, developing impulse control, reducing stress and anxiety, increasing emotional regulation, and developing resilience. These skills support managing thoughts, emotions, and behaviours in a healthy and productive way.

E) EXPRESS EMOTIONS APPROPRIATELY

Mindfulness and meditation supports us in expressing emotions appropriately by developing emotional intelligence, self-awareness, and self-regulation. Ways in which mindfulness and meditation supports us in expressing our emotions appropriately include:

- emotional awareness: Mindfulness and meditation develops emotional awareness, developing, recognising and understanding our emotions. By developing the ability to observe thoughts and feelings without judgement, we remain aware of emotional states and are able to recognise when we feel strong emotions;
- Improved emotional regulation: Mindfulness and meditation supports emotional regulation, developing expressing our emotions appropriately. By developing the ability to observe our emotions without getting swept up in them, we regulate emotional responses and express our feelings in ways that are appropriate and constructive;
- Development of empathy and compassion: Mindfulness and meditation develops empathy and compassion, developing understanding and are able to relate to others. By developing the ability to connect with our emotions,

we understand the emotions of others and are able to express emotions in ways that are empathetic and compassionate;

- clarity of communication: Mindfulness and meditation develops clarity of communication, encouraging expressing emotions effectively. By developing the ability to observe our thoughts and feelings without judgement, we communicate emotions clearly and directly, without becoming overwhelmed by them;
- Increased self-acceptance: Mindfulness and meditation develops self-acceptance, encouraging expressing emotions authentically. By developing the ability to accept and appreciate ourselves as we are, we express emotions in ways that are true to our experience, without feeling the need to hide or suppress feelings.

In general, mindfulness and meditation supports expressing emotions appropriately by developing emotional awareness, improving emotional regulation, developing empathy and compassion, increasing clarity of communication, and fostering self-acceptance. By developing these skills and qualities, we remain effective in expressing emotions, relating to others, and navigating challenges.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
FORECAST THE CONSEQUENCES OF EXPRESSING
EMOTIONS INAPPROPRIATELY AND DEVISE
MEASURES TO REGULATE BEHAVIOUR

Mindfulness and meditation supports us forecasting consequences of expressing emotions inappropriately and devising measures to regulate our behaviour by helping us develop self-awareness, emotional regulation skills, and cognitive flexibility. Ways in which these skills develop include:

- Self-awareness: Mindfulness and meditation practices improves awareness of emotional triggers and the impact our behaviour may have on others. This increased awareness helps us anticipate potential consequences of expressing emotions inappropriately, and enable us to take proactive steps to regulate our behaviour;
- Emotional regulation: Through mindfulness and meditation practices, we develop emotional regulation skills, which helps us manage emotions in a healthy and constructive way. This helps us avoid expressing emotions in a way that is inappropriate or harmful to others, and instead respond in a calm, thoughtful, and respectful manner;

- **Cognitive flexibility:** Mindfulness and meditation practices develop cognitive flexibility, allowing us to think creatively and adaptively in response to challenging situations or conflicting perspectives. This helps us anticipate potential consequences of our behaviour, as well as devise effective strategies for regulating behaviour in a way that is respectful to ourselves and others;
- **Regulation of behaviour:** By cultivating objective and non-judgemental perspective of our thoughts, emotions, and behaviours, we regulate our behaviour in a way that is consistent with our personal values and goals. This helps anticipate potential consequences of expressing emotions inappropriately, as well as devise effective strategies for regulating behaviour in a way that is consistent with our personal values and goals.

In general, mindfulness and meditation supports us forecasting the consequences of expressing emotions inappropriately and devising measures to regulate our behaviour by helping to develop self-awareness, emotional regulation, cognitive flexibility, and essential thinking. By incorporating mindfulness and meditation practices, we manage emotions and behaviours in a healthy and constructive way, think creatively and adaptively, and regulate our behaviour in a way that is consistent with our values.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

CONSIDER CONTROL AND JUSTIFY THEIR EMOTIONAL RESPONSES, IN EXPRESSING THEIR OPINIONS, BELIEFS, VALUES, QUESTIONS AND CHOICES

Mindfulness and meditation supports us in considering, controlling, and justifying our emotional responses when expressing our opinions, beliefs, values, questions, and choices by helping us develop self-awareness, emotional regulation, and cognitive flexibility. Ways in which mindfulness and meditation develop these skills include:

- **Self-awareness:** Mindfulness and meditation practices improve awareness of thoughts, emotions, and physical sensations. This increased awareness helps us identify when we are feeling triggered, defensive, or reactive, and enables us to take proactive steps to manage our emotional responses;
- **Emotional regulation:** Through mindfulness and meditation practices, we develop emotional regulation skills, which helps us manage our

emotions in a healthy and constructive way. This helps us avoid becoming overwhelmed by emotions, and we instead express ourselves in a calm, thoughtful, and respectful manner;

- **Cognitive flexibility:** Mindfulness and meditation practices develops cognitive flexibility, allowing us to think creatively and adaptively in response to challenging situations or conflicting perspectives. This helps us consider multiple viewpoints and perspectives, and supports informed decisions about how we express ourselves;
- **Justification of emotional responses:** By cultivating objective, non-judgemental perspective of our thoughts, emotions, and behaviours, we are able to justify our emotional responses in a way that is rational and evidence-based. This helps us express our opinions, beliefs, values, questions, and choices in a way that is persuasive and compelling, while also respecting the opinions and feelings of others.

In general, mindfulness and meditation supports us in considering, controlling, and justifying emotional responses when expressing opinions, beliefs, values, questions, and choices by developing self-awareness, emotional regulation, cognitive flexibility, and essential thinking. By incorporating mindfulness and meditation practices, we are equipped to manage emotions and behaviours in a healthy and constructive way, think creatively and adaptively, and express ourselves in a way that is respectful, persuasive, and evidence-based.

F) DEVELOP SELF-DISCIPLINE AND SET GOALS

Mindfulness and meditation supports developing self-discipline and setting goals by cultivating self-awareness and focus. Ways in which mindfulness and meditation supports us in developing self-discipline and setting goals include:

- **Cultivation of self-awareness:** Mindfulness and meditation develops self-awareness, increasing understanding of our habits and tendencies. By becoming aware of patterns of behaviour and thought, we identify areas where discipline and structure may be needed;
- **Development of focus and concentration:** Mindfulness and meditation develops focus and concentration, staying on task and avoiding distractions. By directing attention to the present, we remain effective in our work and able to prioritise goals;
- **Improved ability to regulate emotions:** Mindfulness and meditation

supports emotional regulation, developing staying on track and avoiding procrastination. By developing the ability to observe our thoughts and feelings without getting swept up in them, we stay on task and follow through on commitments;

- **Clarity of purpose:** Mindfulness and meditation encourages clarity of purpose, developing setting meaningful goals. By connecting with our values and priorities, we remain intentional in goal-setting and motivated to achieve objectives;
- **Increased motivation and commitment:** Mindfulness and meditation encourages motivation and commitment, developing our ability to stay disciplined and focused in the face of challenges. By connecting with our sense of purpose and meaning, we remain committed to goals and to work through difficulties to achieve these.

In general, mindfulness and meditation supports us in developing self-discipline and setting goals by cultivating self-awareness, developing focus and concentration, improving emotional regulation, clarifying our sense of purpose, and increasing our motivation and commitment. By developing these, we remain effective in setting and achieving our goals.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

SELECT, USE AND ANALYSE STRATEGIES THAT ASSIST IN REGULATING BEHAVIOUR AND ACHIEVING PERSONAL AND LEARNING GOALS

Mindfulness and meditation supports selecting, using, and analysing strategies that assist regulating behaviour and achieving personal and learning goals by helping us develop self-awareness, emotional regulation skills, and cognitive flexibility. Ways in which mindfulness and meditation develop these skills include:

- **Self-awareness:** Mindfulness and meditation practices improves awareness of thoughts, emotions, and physical sensations. This increased awareness helps us identify when we are feeling overwhelmed, stressed, or distracted, and enable us to take proactive steps to regulate behaviour;
- **Emotional regulation:** Through mindfulness and meditation practices, we develop emotional regulation skills, which helps us manage emotions in a healthy and constructive way. This helps us avoid impulsive or reactive behaviours, as well as helps us make thoughtful and deliberate decisions;

- **Cognitive flexibility:** Mindfulness and meditation practices develops cognitive flexibility, allowing us to think creatively and adaptively in response to changing circumstances or unexpected challenges. This develops effective strategies for regulating behaviour and achieving personal and learning goals;
- **Analysis of strategies:** By cultivating objective, non-judgemental perspective on thoughts, emotions, and behaviours, we analyse the effectiveness of different strategies for regulating behaviour and achieving goals. This helps us identify which strategies are effective, and supports us to make adjustments as needed to optimise our success.

In general, mindfulness and meditation supports selecting, using, and analysing strategies that assist in regulating behaviour and achieving personal and learning goals by helping us develop self-awareness, emotional regulation, cognitive flexibility, and analytical. By incorporating mindfulness and meditation practices, we are equipped to manage emotions and behaviours in a healthy and constructive way, think creatively and adaptively, as well as make informed decisions about which strategies are effective.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ESSENTIALLY ANALYSE SELF-DISCIPLINE STRATEGIES AND
PERSONAL GOALS AND CONSIDER THEIR APPLICATION
IN SOCIAL AND WORK-RELATED CONTEXTS**

Mindfulness and meditation supports us in essentially analysing self-discipline strategies and personal goals, as well as considering their application in social and work-related contexts by developing objective, non-judgemental perspectives on thoughts, emotions, and behaviours. Ways in which mindfulness and meditation develop these skills include:

- **Self-awareness:** Mindfulness and meditation practices improves awareness of our tendencies and patterns of behaviour, allowing us to identify potential areas of improvement with regard self-discipline strategies and personal goals. By developing self-awareness, we become aware emotional and mental states, and how they may affect behaviour and decision-making;
- **Essential analysis:** By cultivating objective, non-judgemental perspectives on thoughts, emotions, and behaviours, we are able to essentially analyse self-discipline strategies and personal goals. This helps us identify areas of strength and weakness, and make adjustments as needed;

- Application in social and work-related contexts: Through mindfulness and meditation practices, we develop empathy and understanding of others, as well as social awareness. This helps us apply self-discipline strategies and personal goals in a way that is appropriate and effective in social and work-related contexts;
- Flexibility and adaptability: By developing objective, non-judgemental perspective on thoughts, emotions, and behaviours, we adapt self-discipline strategies and personal goals to suit changing social and work-related contexts.

In general, mindfulness and meditation supports us in essentially analysing self-discipline strategies and personal goals, and consider their application in social and work-related contexts, by helping develop self-awareness, essential analysis, empathy, social awareness, flexibility, and adaptability. By incorporating mindfulness and meditation practices, we are equipped to make informed decisions, adjust behaviours as needed, and pursue personal growth and development in a way that is both effective and socially appropriate.

G) WORK INDEPENDENTLY AND SHOW INITIATIVE

Mindfulness and meditation supports us in working independently and showing initiative by helping us develop several skills and qualities that are essential for self-directed work. Ways in which mindfulness and meditation supports us in working independently and showing initiative:

- Cultivation of self-discipline: Mindfulness and meditation cultivates self-discipline, developing staying focused and productive in the absence of external accountability. By developing the ability to hold ourselves accountable to our goals and commitments, we remain effective and efficient in our work;
- Development of self-motivation: Mindfulness and meditation develops self-motivation, developing staying engaged and committed to our work. By developing the ability to connect with our intrinsic motivation and purpose, we remain energised and inspired in our work;
- Improved self-confidence: Mindfulness and meditation develops self-confidence, developing taking initiative and taking risks. By developing the ability to trust our abilities and intuition, we remain willing to step out of our comfort zones and pursue new opportunities;

- Cultivation of creativity and innovation: Mindfulness and meditation cultivates creativity and innovation, developing generating ideas and approaches to our work. By developing the ability to approach our work with curiosity and openness, we remain innovative and resourceful in our problem-solving;
- Increased resilience and adaptability: Mindfulness and meditation develops resilience and adaptability, developing navigating setbacks and challenges in our work. By developing the ability to approach difficulties with equanimity and perspective, we remain flexible and adaptable in our approach to our work.

In general, mindfulness and meditation supports us in working independently and showing initiative by cultivating self-discipline, developing self-motivation, improving self-confidence, fostering creativity and innovation, and increasing resilience and adaptability. By developing these skills and qualities, we take ership of our work and approach it with purpose and passion, even in the absence of external direction or guidance.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
CRITIQUE THEIR EFFECTIVENESS IN WORKING INDEPENDENTLY
BY IDENTIFYING ENABLERS AND BARRIERS TO ACHIEVING GOALS

Mindfulness and meditation supports us critiquing effectiveness in working independently by cultivating self-awareness and a non-judgemental, curious attitude towards thoughts, emotions, and behaviours. Ways in which mindfulness and meditation develop these skills include:

- Self-reflection: Mindfulness and meditation practices helps us to remain reflective and introspective, allowing understanding of strengths and limitations. By reflecting on past experiences and outcomes, we identify patterns of behaviour or thought that may be hindering our progress, and make thus adjustments accordingly;
- Identifying enablers and barriers: Through mindfulness and meditation practices, we remain aware of factors that enable or hinder progress towards goals. This increased awareness helps us identify opportunities to leverage our strengths, as well as potential obstacles or challenges that we may need to address;
- Developing a growth mindset: By cultivating an open, curious mindset through mindfulness and meditation practices, we are likely to view challenges and setbacks as opportunities for growth and learning, rather

than as personal failures. This helps us maintain resilience and persistence in the face of obstacles;

- **Improving decision-making:** By developing self-awareness and a clearer understanding of priorities and goals, we make informed decisions about how to allocate time, resources, and energy.

In general, mindfulness and meditation supports us in critiquing our effectiveness in working independently by helping us develop self-awareness, identify enablers and barriers to achieving goals, develop a growth mindset, as well as improve decision-making skills. By incorporating mindfulness and meditation practices, we reflect on past experiences, identify opportunities for growth and learning, and make informed decisions that support progress towards goals.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ESTABLISH PERSONAL PRIORITIES, MANAGE RESOURCES
EFFECTIVELY AND DEMONSTRATE INITIATIVE TO ACHIEVE
PERSONAL GOALS AND LEARNING OUTCOMES

Mindfulness and meditation supports us in establishing personal priorities, managing resources effectively, and demonstrating initiative to achieve personal goals and learning outcomes by helping us cultivate focus, clarity, and self-awareness. Ways in which mindfulness and meditation develop these skills include:

- **Prioritisation:** Mindfulness and meditation practices improves awareness of our values and goals, and prioritises time and resources accordingly. By developing self-awareness and an understanding of priorities, we make informed decisions about where to invest time and energy;
- **Resource management:** Mindfulness and meditation develops focus and discipline, allowing us to manage our resources (such as time, money, and energy) effectively. By cultivating self-awareness and mindfulness, we become aware of our needs and limitations, and avoid burnout or overextension;
- **Initiative:** Mindfulness and meditation practices develops self-confidence and agency, which in turn help us take initiative in pursuing personal goals and learning outcomes. By cultivating focus and discipline, we develop resilience and persistence in the face of setbacks or challenges;
- **Creativity and innovation:** Mindfulness and meditation practices

develops creativity and innovation, allowing us to access deeper levels of insight and intuition. By cultivating an open, curious mindset, we come up with novel solutions to problems and pursue new opportunities.

In general, mindfulness and meditation supports us in establishing personal priorities, managing resources effectively, and demonstrating initiative to achieve personal goals and learning outcomes by helping us cultivate focus, clarity, and self-awareness. By incorporating mindfulness and meditation practices, we make informed decisions, manage resources effectively, as well as pursue personal growth and development with confidence and creativity.

H) BECOME CONFIDENT, RESILIENT AND ADAPTABLE

Mindfulness and meditation supports us in becoming confident, resilient, and adaptable by helping us develop skills and qualities essential for personal growth and well-being. Ways in which mindfulness and meditation supports us in becoming confident, resilient, and adaptable include:

- Cultivation of self-awareness: Mindfulness and meditation improves awareness of our thoughts, emotions, and behaviours, developing self-understanding and self-acceptance. By becoming aware of patterns and tendencies, we remain confident in our ability to navigate challenges and adapt to new situations;
- Development of emotional regulation skills: Mindfulness and meditation develops emotional regulation, maintaining equanimity and balance in the face of difficult emotions and situations. By developing the ability to regulate emotions, we remain resilient and adaptable;
- Improved cognitive flexibility: Mindfulness and meditation develops cognitive flexibility, approaching problems and challenges in a creative and adaptable way. By developing the ability to be open and receptive to ideas and perspectives, we remain adaptable and innovative in our thinking;
- Cultivation of compassion and empathy: Mindfulness and meditation cultivates compassion and empathy, developing positive and supportive internal dialogue. By becoming compassionate, we develop self-confidence and resilience as we face challenges;
- Increased focus and attention: Mindfulness and meditation develops focus and attention, staying present and engaged in the moment. By developing focus and attention, we remain resilient and adaptable even

when facing of distractions and setbacks.

In general, mindfulness and meditation supports us in becoming confident, resilient, and adaptable by cultivating self-awareness, developing emotional regulation, improving cognitive flexibility, fostering compassion and empathy, and increasing focus and attention. By developing these, we face challenges and changes with ease and grace, and approach life with confidence and resilience.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ASSESS, ADAPT AND MODIFY PERSONAL AND SAFETY STRATEGIES AND PLANS, AND REVISIT TASKS WITH RENEWED CONFIDENCE

Mindfulness and meditation supports us assessing, adapting, and modifying personal and safety strategies and plans by helping to cultivate awareness and non-judgemental observation of thoughts, emotions, and bodily sensations. Ways in which mindfulness and meditation develop these skills include:

- **Self-reflection:** Mindfulness and meditation practices helps us to remain reflective and introspective, allowing us to better understanding of personal and safety strategies and plans. Increased self-awareness helps us identify areas that need improvement, and make adjustments accordingly;
- **Emotional regulation:** Mindfulness and meditation develops the ability to regulate emotions and remain calm under stress, important when evaluating and modifying personal and safety strategies and plans;
- **Improved decision-making:** By cultivating a clear and focused mind through mindfulness and meditation practices, we are able to make informed and effective decisions regarding personal and safety strategies and plans;
- **Renewed confidence:** Mindfulness and meditation practices develops self-efficacy and confidence in our abilities, which are especially valuable when revisiting tasks that may have previously caused us stress or anxiety.

In general, mindfulness and meditation supports us in assessing, adapting, and modifying personal and safety strategies and plans by helping us develop self-awareness, emotional regulation, and decision-making. By incorporating mindfulness and meditation practices, we are equipped to evaluate and adjust personal and safety strategies and plans with renewed confidence and a clearer perspective.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
EVALUATE, RETHINK AND REFINE APPROACHES TO TASKS
TO TAKE ACCOUNT OF UNEXPECTED OR DIFFICULT
SITUATIONS AND SAFETY CONSIDERATIONS

Mindfulness and meditation supports us in evaluating, rethinking, and refining our approaches to various tasks by helping us cultivate awareness, clarity, and non-judgemental observation of our thoughts, emotions, and bodily sensations. Ways in which mindfulness and meditation develop these skills include:

- **Increased self-awareness:** Through mindfulness and meditation practices, we remain aware of thoughts, feelings, and physical sensations. This heightened self-awareness helps us notice when we are feeling stressed, anxious, or overwhelmed, and allow us to take a step back from the situation to reevaluate our approach;
- **Improved focus and concentration:** Mindfulness and meditation develops our ability to stay focused on the task at hand, especially important in situations that require us to be vigilant and attentive to safety;
- **Reduced reactivity:** By cultivating a non-judgemental, accepting attitude towards our thoughts and emotions, we respond to difficult situations in a measured and thoughtful way. This helps us avoid knee-jerk reactions that may not be in our best interest;
- **Enhanced problem-solving skills:** Mindfulness and meditation develops our ability to think essentially and creatively, valuable when faced with unexpected or difficult situations. By cultivating an open, curious mindset, we consider alternative approaches or solutions to problems.

In general, mindfulness and meditation supports us in evaluating, rethinking, and refining approaches to tasks by helping us develop self-awareness, focus, and problem-solving skills, while also reducing reactivity and stress. By incorporating mindfulness and meditation practices, we are equipped to handle unexpected or difficult situations, as well as approach tasks with safety considerations in mind.

3 – SOCIAL AWARENESS

Mindfulness and meditation are effective practices for developing social awareness, a key aspect of personal and social capabilities. Ways in which

mindfulness and meditation helps develop social awareness include:

- **Increasing empathy:** Mindfulness and meditation develops empathy by supporting us to be present and aware of emotions and experiences of others. By cultivating empathy, we understand the perspectives and feelings of those around you;
- **Enhancing communication skills:** Mindfulness and meditation develops communication skills by supporting us to be present and attentive in conversations. By being present and attentive, we understand the needs and perspectives of others and respond in a thoughtful and effective way;
- **Developing connectedness:** Mindfulness and meditation develops connectedness to others by supporting us to be present and aware in social situations. By developing connectedness, we feel invested in the well-being of those around;
- **Increasing cultural awareness:** Mindfulness and meditation develops awareness of cultural differences and the impact these have on social interactions. By being present and aware of differences, we understand the needs and perspectives of people from diverse backgrounds;
- **Developing conflict resolution skills:** Mindfulness and meditation develops conflict resolution skills by supporting us to approach conflicts with an open and non-judgemental attitude. By cultivating equanimity, we navigate difficult social situations and resolve conflicts in a constructive way.

In general, mindfulness and meditation develops social awareness by increasing empathy, enhancing communication skills, developing connectedness, increasing cultural awareness, and developing conflict resolution skills. These skills helps you navigate social situations in a positive and constructive way, as well as build stronger, meaningful relationships with others.

1) APPRECIATE DIVERSE PERSPECTIVES

Mindfulness and meditation supports us in appreciating diverse perspectives by developing several skills and qualities that are essential for understanding and respecting different points of view. Ways in which mindfulness and meditation supports us in appreciating diverse perspectives include:

- **Cultivation of empathy and compassion:** Mindfulness and meditation

cultivates empathy and compassion, essential for understanding and appreciating different perspectives. By recognising the humanity and inherent worth of others, we create deeper and meaningful connections;

- **Increased self-awareness:** Mindfulness and meditation improves awareness of our biases and assumptions, recognising ways in which our experiences and perspectives may limit our ability to appreciate different viewpoints. By cultivating self-awareness, we remain open and receptive to diverse perspectives;
- **Improved communication skills:** Mindfulness and meditation develops communication, engaging respectful and constructive dialogue with people who hold different perspectives. By practicing active listening and clear expression, we communicate in a way that promotes understanding and mutual respect;
- **Cultivation of curiosity and openness:** Mindfulness and meditation cultivates curiosity and openness to different perspectives, expanding understanding of the world. By approaching ideas and viewpoints with an open mind, we learn from others and broaden our perspectives;
- **Increased resilience and flexibility:** Mindfulness and meditation develops resilience and flexibility, navigating difficult conversations and conflicts that may arise when engaging with diverse perspectives. By developing the ability to stay grounded and adaptable, we maintain equanimity and engage in dialogue with others in respectful and constructive ways.

In general, mindfulness and meditation supports us in appreciating diverse perspectives by cultivating empathy and compassion, increasing self-awareness, improving communication, fostering curiosity and openness, and developing resilience and flexibility. By developing these skills, we engage with diverse perspectives in meaningful and respectful ways, as well as work towards creating a inclusive and equitable society.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ACKNOWLEDGE THE VALUES, OPINIONS AND
ATTITUDES OF DIFFERENT GROUPS WITHIN SOCIETY
AND COMPARE TO THEIR POINTS OF VIEW

Ways in which mindfulness and meditation supports us to acknowledge the values, opinions, and attitudes of different groups within society and compare them to our points of view include:

- Cultivating non-judgemental awareness: Mindfulness practice cultivates a non-judgemental awareness of thoughts, emotions, and biases. With self-awareness, we remain open to understanding the perspectives and experiences of others without letting biases or judgements cloud perceptions;
- Developing empathy: Mindfulness and meditation develops empathy by increasing our ability to connect with our emotions and those of others. When we are in touch with emotions, we understand and relate to the experiences of others;
- Improving active listening skills: Mindfulness improves active listening skills, allowing us to be fully present and engaged when others are speaking. This enables us to understand their perspectives and experiences, which helps us compare and contrast them to our ;
- Examining our values: Mindfulness and meditation helps us reflect on values and beliefs, allowing us to compare and contrast them to those of others. By examining values, we understand certain beliefs and how they may differ from those of others, leading to empathy and understanding;
- Encouraging dialogue and open communication: Mindfulness helps us approach discussions with an open mind and heart, facilitating dialogue and communication with those who hold different points of view. With mindfulness, we learn to listen to others without reacting defensively, creating a safe space for open communication and exchange of ideas.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
ARTICULATE THEIR PERSONAL VALUE SYSTEM AND ANALYSE
THE EFFECTS OF ACTIONS THAT REPRESS SOCIAL POWER
AND LIMIT THE EXPRESSION OF DIVERSE VIEWS

Ways in which mindfulness and meditation supports us to articulate personal value and analyse the effects of actions that represses power or limits the expression of diverse views include:

- Developing self-awareness and understanding our biases and assumptions
- Cultivating empathy and compassion towards others, including those with different perspectives and experiences
- Encouraging essential thinking and questioning of societal norms and power structures

- Increasing our capacity for active listening and open communication with others
- Supporting in developing a non-judgemental attitude towards ourselves and others
- Fostering interconnectedness with all beings and the environment, inspiring us to take action to promote justice appropriate ways.

J) CONTRIBUTE TO CIVIL SOCIETY

Mindfulness and meditation supports us in contributing to civil society by helping us develop skills and qualities that are essential for active and engaged citizenship. Ways in which mindfulness and meditation supports us in contributing to civil society include:

- Increased awareness and empathy: Mindfulness and meditation improves awareness of thoughts and emotions, as well as awareness of experiences and perspectives of others. By cultivating empathy and compassion, we understand the needs and concerns of communities and work towards solutions that benefit everyone;
- Improved communication and conflict resolution skills: Mindfulness and meditation develops communication and conflict resolution skills, which are essential for working collaboratively. By practicing active listening and clear expression, we communicate in a way that promotes understanding and cooperation;
- Development of essential thinking skills: Mindfulness and meditation develops essential thinking, essential for analysing complex issues and making informed decisions. By becoming reflective and introspective, we evaluate assumptions and biases and approach problems in an open and objective way;
- Cultivation of resilience and perseverance: Mindfulness and meditation cultivates resilience and perseverance, essential qualities for engaging in civil society. By developing the ability to stay focused and motivated in the face of challenges and setbacks, we work towards long-term goals that benefits communities;
- sense of purpose and meaning: Mindfulness and meditation develops purpose and meaning in our lives, which inspire us to contribute to civil society in meaningful ways. By connecting with our values and sense of

purpose, we find ways to make a positive impact in communities and beyond.

In general, mindfulness and meditation supports us in contributing to civil society by increasing awareness and empathy, improving communication and conflict resolution, developing essential thinking, cultivating resilience and perseverance, and fostering purpose and meaning. By developing these qualities, we engage in civil society in a intentional and effective way, as well as work towards creating a just and equitable world.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ANALYSE PERSONAL AND SOCIAL ROLES AND RESPONSIBILITIES IN PLANNING AND IMPLEMENTING WAYS OF CONTRIBUTING TO THEIR COMMUNITIES

Ways in which mindfulness and meditation supports us to analyse personal and social roles and responsibilities, as well as in planning and implementing ways of contributing to our communities include:

- Mindfulness and meditation develops awareness of thoughts, feelings, and actions, which leads to self-awareness and understanding of personal values and beliefs;
- By being aware of ourselves, we better understand our role and responsibilities within communities, as well as our potential impact on others;
- Mindfulness and meditation develops empathy and compassion, essential when planning and implementing ways of contributing to communities;
- When we are mindful and present in the moment, we better understand the needs and perspectives of those around us, which informs our decision-making when planning community contributions;
- Meditation develops inner calm and equanimity, which is useful when dealing with challenging situations or conflicts that may arise when contributing to communities;
- Mindfulness and meditation supports us in cultivating positive qualities such as patience, perseverance, and resilience, which are valuable when pursuing long-term community contributions;
- Through mindfulness and meditation practices, we develop

interconnectedness, recognising that actions have a ripple effect on those around us and the broader community. This motivates us to act in ways that benefit the good.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
PLAN, IMPLEMENT AND EVALUATE WAYS OF
CONTRIBUTING TO CIVIL SOCIETY AT LOCAL,
NATIONAL REGIONAL AND GLOBAL LEVELS**

Mindfulness and meditation supports us to plan, implement and evaluate ways of contributing to civil society at local, national, regional and global levels include:

- Increased awareness: Mindfulness practices develop a awareness of the world around us and the issues that impact society. This helps us identify areas where we make a positive contribution;
- Compassion and empathy: Mindfulness practices develop compassion and empathy. This helps us identify the needs of others and find ways to support them;
- Clarity of purpose: Meditation develops a clearer sense of purpose and direction. This helps us identify our strengths and interests and find ways to use them to make a positive contribution to society;
- Improved communication: Mindfulness practices also improve our communication skills, including active listening and effective communication. This helps us work collaboratively to address social issues;
- Reduced stress: Mindfulness practices reduce stress and increase our ability to focus and concentrate. This helps us be effective in our efforts to contribute to civil society.

In general, mindfulness and meditation supports us to develop awareness, compassion, and purpose, which helps us identify opportunities to contribute to civil society and work effectively with others to achieve positive social change.

K) UNDERSTAND RELATIONSHIPS

Mindfulness and meditation supports us in understanding relationships by helping us develop skills that are essential for healthy and fulfilling relationships. Ways in which mindfulness and meditation supports our

understanding of relationships include:

- Increased awareness of thoughts and emotions: Mindfulness and meditation improves awareness of our thoughts and emotions, developing understanding how they influence relationships. By observing thoughts and emotions without judgement, we remain intentional in how we engage in relationships;
- Cultivation of empathy and compassion: Mindfulness and meditation cultivates empathy and compassion, essential for building relationships. By recognising the humanity and inherent worth of others, we create deeper and meaningful connections;
- Improved communication skills: Mindfulness and meditation develops communication skills, maintaining healthy relationships. By practicing active listening and staying present during conversations, we understand others and communicate in a way that is clear and constructive;
- Emotional regulation: Mindfulness and meditation develops emotional regulation, essential for maintaining balance and stability in relationships. By developing the ability to recognise and manage emotions, we avoid overreacting and communicate in a way that is respectful and productive;
- Enhanced self-awareness: Mindfulness and meditation develops self-awareness, essential for understanding how thoughts and behaviours impact relationships. By recognising patterns and habits, we make intentional choices about how we engage in relationships.

In general, mindfulness and meditation supports understanding relationships by increasing awareness of thoughts and emotions, cultivating empathy and compassion, improving communication skills, developing emotional regulation, as well as enhancing self-awareness. By developing these skills, we create deeper and meaningful connections with others and navigate the complexities of relationships with ease and understanding.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

IDENTIFY INDICATORS OF POSSIBLE PROBLEMS IN RELATIONSHIPS IN A RANGE OF SOCIAL AND WORK RELATED SITUATIONS

Mindfulness and meditation supports us to identify indicators of possible problems in relationships by increasing our awareness and sensitivity to our emotions and those of others. When we practice mindfulness and meditation, we learn to observe our thoughts, feelings, and bodily

sensations without judgement. This helps us to recognise patterns of our behaviour, as well as the patterns of behaviour of others.

By cultivating self-awareness, we remain aware of the signals that indicate potential problems in relationships, such as changes in tone of voice, facial expressions, and body language. We also develop empathy and understanding for the perspectives of others, which helps us to identify potential conflicts before they escalate.

Mindfulness and meditation regulates emotions and helps us respond to difficult situations in a calm and thoughtful manner. This is useful when navigating complex social and work-related situations, where misunderstandings and conflicts may arise.

In general, mindfulness and meditation supports us to identify what can be described as indicators of problems in relationships by increasing self-awareness, empathy, and emotional regulation.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
EXPLAIN HOW RELATIONSHIPS DIFFER BETWEEN
PEERS, PARENTS, TEACHERS AND OTHER ADULTS,
AND IDENTIFY THE SKILLS NEEDED TO MANAGE
DIFFERENT TYPES OF RELATIONSHIPS**

Mindfulness and meditation develops understanding of emotions and thought patterns, as well as developing empathy and understanding for the perspectives and experiences of others. This helps develop and manage relationships with others, including peers, parents, teachers, and other adults.

Through mindfulness and meditation practices, we become present and aware in our interactions with others, noticing emotional responses and reactions to different situations. We also cultivate openness and curiosity towards others, listening deeply and empathetically to their perspectives and experiences.

Mindfulness and meditation develops communication skills such as active listening, effective speaking, and conflict resolution. By developing the ability to communicate with clarity and compassion, we build stronger and positive relationships.

In general, mindfulness and meditation develops the skills and awareness needed to manage different types of relationships, as well as fostering a

deeper sense of connection and empathy.

4 – SOCIAL MANAGEMENT

Mindfulness and meditation develops the ability to manage one's life. Ways in which mindfulness and meditation helps develop the ability to manage one's life socially include:

- **Building self-awareness:** Mindfulness and meditation helps us become aware of thoughts, emotions, and behaviours in social situations. By cultivating self-awareness, we identify areas to improve and take steps to develop better social skills;
- **Developing emotional regulation:** Mindfulness and meditation develops emotional regulation, essential for managing life socially. By being aware of emotions and learning how to manage them effectively, we communicate clearly, make better decisions, as well as build stronger relationships with others;
- **Improving communication skills:** Mindfulness and meditation develops communication skills, essential for managing life socially. By developing the ability to be present and attentive in conversations, we understand the needs and perspectives of others, and respond in a thoughtful and effective way;
- **Enhancing empathy:** Mindfulness and meditation develops empathy, an essential element in order to manage life socially. By cultivating empathy, we understand emotions and experiences of others, and respond in a way that is supportive and compassionate;
- **Developing conflict resolution skills:** Mindfulness and meditation develops conflict resolution skills, essential for managing life socially. By developing approaches to conflicts with an open and non-judgemental attitude, we resolve conflicts in a way that is constructive and effective.

In general, mindfulness and meditation develops the skills to manage life socially by building self-awareness, developing emotional regulation, improving communication, enhancing empathy, and developing conflict resolution. These skills help build stronger, meaningful relationships with others, as well as navigate social situations in a positive and constructive way.

L) COMMUNICATE EFFECTIVELY

Mindfulness and meditation supports us communicating effectively by developing skills that are essential for clear and authentic communication. Ways in which mindfulness and meditation supports effective communication include:

- **Improved listening skills:** Mindfulness and meditation improves listening skills, an essential component of effective communication. By practicing active listening and staying present during conversations, we better understand others and respond in a meaningful way;
- **Enhanced self-awareness:** Mindfulness and meditation develops self-awareness, essential for understanding how thoughts and emotions influences communication. By recognising our biases and habitual patterns of communication, we make intentional choices about how we communicate with others;
- **Better emotional regulation:** Mindfulness and meditation develops emotional regulation, essential for communicating in a clear and constructive way. By developing the ability to recognise and manage emotions, we communicate in a way that is respectful and productive;
- **Increased empathy and understanding:** Mindfulness and meditation cultivates empathy and understanding, essential for building relationships and trust in communication. By developing the ability to see things from other people's perspectives, we appreciate their ideas and contributions;
- **Clearer and authentic expression:** Mindfulness and meditation develops clearer and authentic expression in our communication. By developing the ability to speak from a place of authenticity and clarity, we communicate in a way that is meaningful and effective.

In general, mindfulness and meditation supports effective communication by improving listening skills, enhancing self-awareness, developing better emotional regulation, cultivating empathy and understanding, and fostering clearer and authentic expression. By developing these skills, we communicate in a way that is respectful, constructive, and meaningful.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ANALYSE ENABLERS OF AND BARRIERS TO EFFECTIVE
VERBAL, NONVERBAL AND DIGITAL COMMUNICATION

Ways in which mindfulness and meditation supports us to analyse enablers of and barriers to effective verbal, nonverbal, and digital communication

in several ways include:

- **Increased awareness of one's communication:** Mindfulness and meditation helps individuals become aware of their communication styles and habits. By noticing how they communicate, we identify areas where they excel and areas ripe for improvement. For example, we may notice tendencies to interrupt others or struggles expressing thoughts. By being mindful of communication, individuals work to address these inhibiting barriers;
- **Improved emotional regulation:** Mindfulness and meditation regulates emotions and manages stress, crucial for effective communication. By staying calm and composed, individuals communicate effectively, even in challenging situations;
- **Increased empathy and perspective-taking:** Mindfulness and meditation develops empathy and perspective-taking skills, effective for communication. By being able to understand others' perspectives and feelings, individuals communicate likely to be understood and accepted by others;
- **Better listening skills:** Mindfulness and meditation develops listening skills, essential for effective communication. By being present and attentive during conversations, individuals understand what others are saying and respond in a way that demonstrates they have heard and understood them;
- **awareness of nonverbal communication:** Mindfulness and meditation helps individuals become aware of nonverbal cues, such as body language and tone of voice. By being aware of these cues, individuals pick up on subtle signals that may not be conveyed through words alone.

By applying mindfulness and meditation practices, individuals analyse effective communication, as well as develop communication that is effective and appropriate to complete complex tasks.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

FORMULATE PLANS FOR EFFECTIVE COMMUNICATION (VERBAL, NONVERBAL, DIGITAL) TO COMPLETE COMPLEX TASKS

Ways in which mindfulness and meditation supports us formulating plans for effective communication include:

- **Developing awareness:** Mindfulness and meditation practices improves

awareness of our thoughts, emotions, and physical sensations. This heightened awareness helps us recognise when communication is not effective and adjust our approach accordingly;

- **Building empathy:** Mindfulness and meditation practices develops empathy, an essential component of effective communication. By developing the ability to empathise, we understand perspectives, needs, and communication styles, which helps tailor our approach to be effective;
- **Reducing stress and anxiety:** Mindfulness and meditation practices reduces stress and anxiety, which otherwise impedes effective communication. When feeling stressed or anxious, we may struggle to communicate clearly or may become defensive or reactive. By reducing stress levels, we communicate with a calm and open mindset;
- **Improving focus and concentration:** Mindfulness and meditation improves focus and concentration, essential for effective communication. When distracted or unfocused, we miss details or fail to listen actively to others. By improving focus and concentration, we are present in communication and responsive to the needs of others.

In general, by incorporating mindfulness and meditation practices, we develop awareness, empathy, calmness, and the focus necessary to communicate effectively, particularly in complex tasks.

M) WORK COLLABORATIVELY

Mindfulness and meditation supports us in working collaboratively by helping develop several skills essential for effective collaboration. Ways in which mindfulness and meditation supports collaborative work include:

- **Improved communication:** Mindfulness and meditation improves communication skills, essential for effective collaboration. By developing the ability to be present and attentive during conversations, we listen and express ourselves clearly;
- **Increased empathy and understanding:** Mindfulness and meditation cultivates empathy and understanding, essential for building relationships and trust in collaborative work. By developing the ability to see things from other people's perspectives, we appreciate ideas and contributions;
- **Better conflict resolution:** Mindfulness and meditation improves conflict resolution, essential for maintaining healthy relationships in collaborative work. By developing the ability to stay calm and focused during conflict,

we find solutions that are mutually beneficial;

- **Enhanced creativity and innovation:** Mindfulness and meditation enhances creativity and innovation, essential for generating ideas and solutions in collaborative work. By cultivating an open and curious mindset, we explore possibilities and think outside the box;
- **Increased resilience:** Mindfulness and meditation builds resilience, essential for staying focused and motivated during the challenges that may arise in collaborative work. By developing the ability to stay present and grounded in the face of difficulty, we bounce back from setbacks and stay committed to our goals.

In general, mindfulness and meditation supports us in working collaboratively by improving communication, increasing empathy and understanding, enhancing conflict resolution, fostering creativity and innovation, and building resilience. By cultivating these skills, we build relationships, generate ideas, as well as work effectively with others towards common goals.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ASSESS THE EXTENT TO WHICH INDIVIDUAL ROLES AND RESPONSIBILITIES ENHANCE GROUP COHESION AND THE ACHIEVEMENT OF PERSONAL AND GROUP OBJECTIVES

Ways in which mindfulness and meditation supports individuals in assessing the extent to which roles and responsibilities enhance group cohesion and the achievement of personal and group objectives include:

- **Developing self-awareness:** Mindfulness and meditation increase self-awareness, improving our ability to understand one's thoughts, emotions, and behaviours. This assists us recognise our strengths and weaknesses and assess how individual roles and responsibilities contribute to group cohesion and the achievement of personal and group objectives;
- **Improving focus and concentration:** Mindfulness and meditation improves focus and concentration, which helps understand individual roles and responsibilities and how these fit into the larger group objectives;
- **Enhancing empathy:** Mindfulness and meditation practices develops empathy, understanding and sharing feelings with and of others. This increases our ability to understand the roles and responsibilities of team members and how to work together to achieve group objectives;

- Improving communication: Mindfulness and meditation improves communication skills, essential for effective teamwork. By practicing mindfulness, individuals develop the ability to listen actively and communicate clearly, preventing misunderstandings and conflicts and enhancing group cohesion.

In general, by developing skills through mindfulness and meditation, individuals assess the extent to which individual roles and responsibilities enhance group cohesion and achievement of personal and group objectives. This supports identifying areas for improvement and supports working to develop strategies enhancing contributions to the group.

**LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
CRITIQUE THEIR ABILITY TO DEVISE AND ENACT
STRATEGIES FOR WORKING IN DIVERSE TEAMS,
DRAWING ON THE SKILLS AND CONTRIBUTIONS OF
TEAM MEMBERS TO COMPLETE COMPLEX TASKS**

Ways in which mindfulness and meditation supports individuals in critiquing their ability to work in diverse teams include:

- Developing empathy: Mindfulness and meditation develops empathy, enhancing our ability to understand and share the feelings of others. This increases our ability to understand the perspectives and needs of team members from diverse backgrounds;
- Enhancing self-awareness: Mindfulness and meditation increase self-awareness, enhancing our ability to understand one's thoughts, emotions, and behaviours. This helps us recognise biases and assumptions and works to overcome these when working with diverse teams;
- Improving communication: Mindfulness and meditation improves communication, essential for effective teamwork. By practicing mindfulness, individuals develop the ability to listen actively and communicate clearly, which helps prevent misunderstandings and conflicts;
- Building resilience: Mindfulness and meditation builds resilience, enhancing our ability to adapt and recover from challenges and setbacks. This is important when working with diverse teams, which presents unique challenges and requires us to be flexible and adaptable.

In general, by developing these skills through mindfulness and meditation, individuals assess their ability to work in diverse teams and devise strategies for leveraging the skills and contributions of team members to complete complex tasks.

N) MAKE DECISIONS

Mindfulness and meditation supports us making decisions by helping us cultivate a focused, clear, and balanced mindset. Ways in which mindfulness and meditation helps support decision-making include:

- **Increased awareness:** Mindfulness and meditation increases awareness of thoughts, emotions, and physical sensations, allowing us to better understand the factors that may be influencing decision-making. By recognising biases, fears, and other factors that may be clouding judgement, we make informed and balanced decisions;
- **Improved focus and concentration:** Mindfulness and meditation improves our ability to focus and concentrate, essential for making complex decisions. By developing the ability to stay present and avoid distractions, we make deliberate and thoughtful decisions;
- **Enhanced emotional regulation:** Mindfulness and meditation improves emotional regulation, allowing us to manage emotions and respond effectively to the emotions of others during decision-making processes. By staying calm and focused, we make decisions that are not unduly influenced by emotions or biases;
- **Increased creativity and innovation:** Mindfulness and meditation increases creativity and innovation, which assists when making decisions that require thinking outside the box. By cultivating an open and curious mindset, we generate ideas and explore alternative solutions;
- **Improved problem-solving skills:** Mindfulness and meditation improves our problem-solving skills, allowing us to approach complex decisions with confidence and clarity. By developing the ability to break down complex problems into smaller components, we make informed and effective decisions.

In general, mindfulness and meditation supports making decisions by increasing awareness, improving focus and concentration, enhancing emotional regulation, increasing creativity and innovation, and improving problem-solving skills. By cultivating these skills, we make decisions that are informed, balanced, and effective.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
ASSESS INDIVIDUAL AND GROUP DECISION-MAKING
PROCESSES IN CHALLENGING SITUATIONS

Ways in which mindfulness and meditation supports us to assess individual and group decision-making processes in challenging situations by helping us develop several key skills include:

- **Objectivity:** Mindfulness and meditation cultivates objective perspectives, invaluable in assessing decision-making processes. By practicing mindfulness, we remain aware of biases and assumptions, and develop a balanced view of the situation;
- **Openness to different perspectives:** Mindfulness and meditation develops openness to different perspectives, which is essential in assessing decision-making processes in challenging situations. By practicing mindfulness, we cultivate a curious and non-judgemental attitude, which helps us consider different viewpoints and ideas;
- **Patience:** Mindfulness and meditation develops patience, often required in assessing decision-making processes in challenging situations. By practicing mindfulness, we remain comfortable with uncertainty and ambiguity, and develop tolerance for situations that require careful consideration;
- **Emotional regulation:** Mindfulness and meditation develops emotional regulation, essential in assessing decision-making processes in challenging situations. By practicing mindfulness, we learn to manage difficult emotions such as fear, anger, and frustration, which otherwise interfere with our ability to think clearly and make sound decisions;
- **Effective communication:** Mindfulness and meditation develops effective communication skills, essential in assessing decision-making processes in challenging situations. By practicing mindfulness, we remain aware of our thoughts and emotions, as well as those of others, which helps us communicate effectively and avoid misunderstandings.

In general, mindfulness and meditation supports us to assess individual and group decision-making processes in challenging situations by helping to cultivate objectivity, openness to different perspectives, patience, emotional regulation, and effective communication skills. By developing these skills and practices, we approach challenging situations with clarity

and equanimity, and make thoughtful and effective decisions.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)
DEVELOP AND APPLY CRITERIA TO EVALUATE THE OUTCOMES
OF INDIVIDUAL AND GROUP DECISIONS AND ANALYSE
THE CONSEQUENCES OF THEIR DECISION MAKING

Ways in which mindfulness and meditation supports developing and applying criteria to evaluate outcomes of individual and group decisions, as well as analysing the consequences of decision making include:

- **Developing clarity and focus:** Mindfulness and meditation cultivates a clear and focused mind, which supports us in evaluating the outcomes of decisions. By practicing mindfulness, we improve our ability to concentrate, reduce distractions, and enhance awareness of thoughts and emotions;
- **Enhancing essential thinking:** Mindfulness and meditation develops essential thinking, used to evaluate the outcomes of our decisions. By practicing mindfulness and meditation, we cultivate an open and curious mind, increase creativity, and develop our ability to analyse complex situations;
- **Improving self-awareness:** Mindfulness and meditation develops self-awareness, evaluating the outcomes of decisions. By practicing mindfulness, we remain aware of biases, assumptions, and limitations, which helps us make informed and objective decisions;
- **Enhancing empathy and compassion:** Mindfulness and meditation cultivates empathy and compassion, important for evaluating the consequences of decisions. By developing empathy and compassion, we understand how decisions affect others, and make decisions that benefit everyone involved;
- **Reducing stress and anxiety:** Mindfulness and meditation reduces stress and anxiety, which otherwise interfere with our ability to evaluate the outcomes of our decisions. By practicing mindfulness-based stress reduction techniques, we reduce the impact of stress and anxiety on decision making, and make thoughtful and considered decisions.

In general, mindfulness and meditation supports us in developing and evaluating the outcomes of individual and group decisions, as well as analysing the consequences of decision making by enhancing clarity and focus, essential thinking, self-awareness, empathy and compassion, as well

as reducing stress and anxiety. By cultivating these skills and practices, we make thoughtful and effective decisions that have positive outcomes for ourselves and others.

O) NEGOTIATE AND RESOLVE CONFLICT

Ways in which mindfulness and meditation supports us in negotiating and resolving conflicts in several ways include:

- **Increased self-awareness:** Mindfulness and meditation increases self-awareness, essential for understanding biases, emotions, and triggers that may affect one's ability to negotiate and resolve conflicts. By being aware of thoughts and feelings, we approach conflicts with a clear and balanced mindset;
- **Improved communication skills:** Mindfulness and meditation improves communication, essential for effective negotiation and conflict resolution. By developing the ability to be present, attentive, and empathetic in conversations, we understand the needs and perspectives of others and communicate effectively;
- **Better emotional regulation:** Mindfulness and meditation improves emotional regulation, important for managing emotions and responding effectively to the emotions of others during negotiations and conflict resolution. By developing the ability to recognise and manage emotions, we remain calm and focused even in high-pressure situations;
- **Increased empathy and understanding:** Mindfulness and meditation increases empathy and understanding, essential for building rapport and finding common ground during negotiations and conflict resolution. By developing a deeper understanding of the perspectives and needs of others, we find solutions that are mutually beneficial;
- **Better problem-solving skills:** Mindfulness and meditation improves problem-solving skills, essential for finding creative solutions to conflicts. By cultivating an open and flexible mindset, we explore a wider range of options and find solutions that meet the needs of all parties involved.

In general, mindfulness and meditation supports negotiating and resolving conflicts by increasing self-awareness, improving communication, enhancing emotional regulation, increasing empathy and understanding, and improving problem-solving skills. By cultivating these skills, we approach conflicts with a balanced and effective mindset to find solutions that are mutually beneficial.

LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)

ASSESS THE APPROPRIATENESS OF VARIOUS CONFLICT RESOLUTION STRATEGIES IN A RANGE OF SOCIAL AND WORK-RELATED SITUATIONS

Ways in which mindfulness and meditation supports us assessing the appropriateness of various conflict resolution strategies in a range of social and work-related situations include:

- **Developing self-awareness:** Mindfulness and meditation improves awareness of thoughts, feelings, and biases. By recognising emotional reactions and patterns of thinking, we approach conflict situations with objectivity and open-mindedness, which helps us evaluate the appropriateness of various conflict resolution strategies;
- **Increasing empathy and understanding:** Mindfulness and meditation develops empathy and understanding. By practicing compassion and actively listening to others' perspectives, we understand the root causes of conflicts and evaluate which conflict-resolution strategies may be most appropriate for a given situation;
- **Improving essential thinking and decision-making:** Mindfulness and meditation improves essential thinking and decision-making skills. By developing awareness of thought processes and biases, we evaluate the pros and cons of different conflict resolution strategies and make informed decisions about which strategy to use in a given situation;
- **Enhancing communication skills:** Mindfulness and meditation improves communication, including active listening and effective expression. By developing awareness of communication patterns and practicing active listening, we communicate effectively with others and evaluate which conflict resolution strategies may be appropriate for a given situation;
- **Reducing stress and emotional reactivity:** Mindfulness and meditation regulates emotions and helps us respond to conflicts in a calm and objective way. By meditation and mindfulness-based stress reduction practices, we reduce the impact of strong emotions that may cloud judgement and our ability to evaluate the appropriateness of various conflict resolution strategies.

In general, mindfulness and meditation supports us assessing the appropriateness of various conflict resolution strategies in a range of social

and work-related situations by developing self-awareness, increasing empathy and understanding, improving essential thinking and decision-making, enhancing communication, as well as reducing stress and emotional reactivity. By cultivating these skills and practices, we approach conflicts with mindfulness and effectiveness, leading to positive outcomes and relationships.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

GENERATE, APPLY AND EVALUATE STRATEGIES SUCH AS ACTIVE LISTENING, MEDIATION AND NEGOTIATION TO PREVENT AND RESOLVE INTERPERSONAL PROBLEMS AND CONFLICTS

Ways in which mindfulness and meditation supports us generating, applying, and evaluating strategies such as active listening, mediation, and negotiation to prevent and resolve interpersonal problems and conflicts include:

- **Developing self-awareness:** Mindfulness and meditation improves awareness of thoughts, feelings, and behaviours. By recognising biases and emotional reactions, we approach conflicts with objectivity and empathy;
- **Cultivating compassion:** Mindfulness and meditation develops compassion and understanding. By practicing loving-kindness and empathy, we approach conflicts with an open and compassionate mindset;
- **Improving communication skills:** Mindfulness and meditation improves communication, including active listening and effective expression. By developing awareness of communication patterns and practicing active listening, we communicate effectively and prevent misunderstandings that lead to conflict;
- **Enhancing problem-solving skills:** Mindfulness and meditation develops problem-solving skills, increasing awareness of thought processes and biases. By practicing non-judgemental self-reflection, we understand strengths and limitations and make effective decisions when working to prevent or resolve conflicts;
- **Improving emotional regulation:** Mindfulness and meditation regulates emotions and improves how we respond to conflicts in a calm and objective way. By meditation and mindfulness-based stress reduction practices, we reduce the impact of strong emotions that may arise during conflicts.

In general, mindfulness and meditation supports us generating, applying,

and evaluating strategies such as active listening, mediation, and negotiation to prevent and resolve interpersonal problems and conflicts. By cultivating self-awareness, compassion, communication skills, problem-solving skills, and emotional regulation, we approach conflicts in a mindful and effective way, leading to positive outcomes and stronger relationships.

P) DEVELOP LEADERSHIP SKILLS

Ways in which mindfulness and meditation supports the development of leadership skills in several ways include:

- **Emotional intelligence:** Mindfulness and meditation develops emotional intelligence, a key aspect of effective leadership. By increasing awareness of emotions, leaders understand the needs and perspectives of their team, build stronger relationships, and make informed decisions;
- **Focus and clarity:** Mindfulness and meditation develops focus and clarity, important skills for decision-making and prioritising tasks. By practicing mindfulness and meditation, leaders learn to manage distractions, stay present in the moment, and make deliberate and effective decisions;
- **Creativity and innovation:** Mindfulness and meditation unlocks creativity and innovation, essential for effective leadership. By cultivating an open and curious mindset, leaders generate ideas, challenge assumptions, and think outside the box;
- **Resilience:** Mindfulness and meditation helps leaders develop resilience, essential for navigating the challenges and setbacks that come with leadership. By developing the ability to manage stress and bounce back from setbacks, leaders maintain a positive outlook and continue to lead effectively even in difficult circumstances;
- **Empathy and compassion:** Mindfulness and meditation develops empathy and compassion, important for building relationships and inspiring others. By cultivating a compassionate and understanding attitude, leaders create a positive and supportive work environment and inspire their team to achieve their full potential.

In general, mindfulness and meditation supports the development of leadership skills by improving emotional intelligence, focus and clarity, creativity and innovation, resilience, and empathy and compassion. By cultivating these skills through meditative and mindfulness practices, leaders develop and deepen their understanding that supports their team, make effective decisions, and inspire others to achieve their full potential.

**LEVEL 5 (TYPICALLY, BY THE END OF YEAR 8)
PLAN SCHOOL AND COMMUNITY PROJECTS,
APPLYING EFFECTIVE PROBLEM-SOLVING AND TEAM-
BUILDING STRATEGIES, AND MAKING THE MOST OF
AVAILABLE RESOURCES TO ACHIEVE GOALS**

Mindfulness and meditation supports us planning school and community projects by improving our focus, creativity, and problem-solving skills, as well as by enhancing our ability to work collaboratively. Ways in which mindfulness and meditation supports us include:

- Improving focus: Mindfulness and meditation develops the ability to focus on the task at hand and stay present in the moment. This is especially helpful when planning projects, as it allows us to prioritise tasks and make efficient use of time;
- Enhancing creativity: Mindfulness and meditation taps into creativity and generates innovative solutions to complex problems. By cultivating a curious and open-minded attitude, we approach challenges with fresh perspectives and generate ideas for planning and executing school and community projects;
- Developing problem-solving skills: Mindfulness and meditation develops problem-solving skills by increasing awareness of thought processes and biases. By practicing non-judgemental self-reflection, we understand strengths and limitations and make effective decisions;
- Improving team-building skills: Mindfulness and meditation helps build relationships with others and enhances our ability to work collaboratively. By developing empathy and understanding, we build relationships and understand the needs and concerns of different groups;
- Making the most of available resources: Mindfulness and meditation develops better time-management skills and prioritise goals effectively. By focusing on the most important tasks and making efficient use of available resources, we achieve goals effectively.

In general, mindfulness and meditation supports us in planning school and community projects by improving focus, creativity, problem-solving skills, team-building skills, and time-management skills. By cultivating these qualities, we work effectively with others, make the most of available resources, and achieve goals in a mindful and compassionate way.

LEVEL 6 (TYPICALLY, BY THE END OF YEAR 10)

PROPOSE, IMPLEMENT AND MONITOR STRATEGIES TO ADDRESS NEEDS PRIORITISED AT LOCAL, NATIONAL, REGIONAL AND GLOBAL LEVELS, AND COMMUNICATE THESE WIDELY

Mindfulness and meditation supports us in proposing, implementing, and monitoring strategies to address needs at local, national, regional, and global levels by enhancing awareness, focus, and empathy. Ways in which mindfulness and meditation supports us include:

- **Developing awareness:** Mindfulness and meditation develops awareness of the needs and challenges facing our local, national, regional, and global communities. By paying attention to the world around us with a non-judgemental and curious attitude, we remain aware of the needs of others and the broader issues we face;
- **Cultivating focus:** Mindfulness and meditation develops focus and concentration, essential for proposing, implementing, and monitoring strategies effectively. By training our minds to focus on the task at hand and stay present in the moment, we increase our productivity and effectiveness;
- **Building empathy:** Mindfulness and meditation builds empathy and understanding, supporting us in proposing and implementing effective strategies. By developing our capacity to see things from others' perspectives, we build relationships and understand the needs and concerns of different groups;
- **Enhancing creativity:** Mindfulness and meditation taps into our creativity and generates innovative solutions to complex problems. By cultivating a curious and open-minded attitude, we approach challenges with fresh perspectives and generate ideas that address local, national, regional, and global needs;
- **Communicating effectively:** Mindfulness and meditation helps us communicate ideas and strategies effectively to a wide range of audiences. By developing awareness of communication styles and practicing active listening, we improve our ability to connect with others and share ideas in a clear and compelling way.

In general, mindfulness and meditation supports us in proposing, implementing, and monitoring strategies to address local, national, regional, and global needs by developing awareness, focus, empathy,

creativity, and communication skills. By cultivating these qualities, we remain effective and compassionate leaders who are able to make a positive impact on the world.

