

Mindful School Pathway



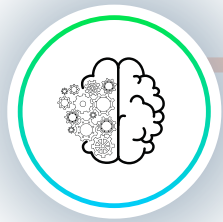
The MMA recommended pathway represents an impactful wellbeing journey for staff, students and community.

Mindful Me

Selected wellbeing champions are trained to deliver a six-week, withdrawal program in your school to help identified students deal with mild anxiety. This half day takes your champions through the whole program and provides them with a basic kit for setting up a wellbeing space.

Mindful Refresh

This half-day session provides a refresh for current staff and introduces new staff to the Mindful School Pathway. An important part of keeping the momentum of the program.



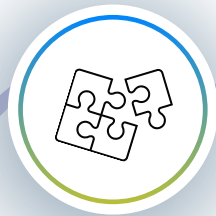
Mindful Amygdala

A full day for all school staff that covers basic neuroscience and discusses workplace stressors and how to manage them with practical mindfulness and meditation tools. It gets everyone on the same page and feeling empowered.



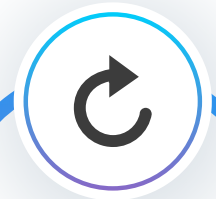
Mindful Education

A three hours session for teaching staff and EAs outlining the science behind self-regulation and the importance of socio-emotional learning. Also provides staff with the practices and learning resources to use with students.



Mindful Families

We bring the student's parents and caregivers in for a two hour community workshop to develop a shared understanding of mindfulness and meditation practices, and the benefits of using Mindful Parenting with their children.



Mindful Progression

A chance for MMA to work with teachers and EAs to consolidate what has been learned, and refine your implementation with new tools, research, and ideas to take you to the next level. Two to three hours of adding value and quality.



Get in touch

← MMA professional support →