

Mindful School Pathway

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



Mindful Amygdala

A full-day session for all school staff covers basic neuroscience, discussing workplace stressors, and provides practical mindfulness and meditation tools for effective stress management. This comprehensive approach ensures that everyone is on the same page and leaves feeling empowered

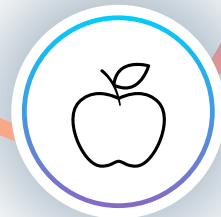
Mindful Me

Selected wellbeing champions are trained to deliver a six-week, one hour per week, withdrawal program 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 Education

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



Mindful Families

A two hour workshop for student's parents and caregivers to develop a shared understanding of mindfulness and meditation practices, and the benefits of using Mindful Parenting in the home.



Get in touch

MMA professional support