

## **Mindful Meditation Australia – Full Package for Schools**

In consultation with the school, the timeline, actions and outcomes we would propose is ...

<b><u>Aims and Actions</u></b>	<b><u>Outcome</u></b>	<b><u>Timing</u></b>
<b><i>Introduction</i></b>		
1. Meet with school admin team and the school's Mindful to create a tailored whole-school approach to mindfulness and meditation, based on your unique school culture	1.1. Agree dates for implementing whole school program 1.2. Identify the school's Mindful Mediation Project Team 1.3. School's action plan for program developed.	Up to two hours
<b><i>Mindful Education</i></b>		
2. Whole day workshop with school staff	2.1. Access to MMA's research-backed comprehensive curriculum and ongoing support for mindful practices. 2.2. Access to MMA's curriculum and age-appropriate student meditations for all staff 2.3. A deep understanding of how and why meditation works in the brain 2.4. A high impact and lasting intervention to improve the wellbeing and mental health of students and staff through mindfulness and meditation 2.5. Highly actionable and practical professional development	One day
<b><i>Mindful Families</i></b>		
3. Workshop for families to: <ul style="list-style-type: none"> <li>• Define and understand the science of mindfulness and meditation</li> <li>• Learn skills, techniques and exercises to create a more mindful household</li> <li>• Learn basic meditation practices to share with your family</li> </ul>	3.1. Families create a tailored mindfulness action plan for their family and household to support loving and caring relationships, better communication, healthy boundaries, and collective ownership of the home environment.	Two hours Afterschool / evening
<b><i>Tailored In-School Support</i></b>		
4. Work with the school's Mindful Meditation Project Team to support the implementation of the school's mindfulness and meditation program.	4.1. Staff are implementing the agreed whole-school school program and any barriers or concerns addressed and ameliorated.	3 hours (may be increased by negotiation) 1 month after <b><i>Mindful Education workshop</i></b>

<b>Aims and Actions</b>	<b>Outcome</b>	<b>Timing</b>
<b><i>School Program Evaluation</i></b>		
5. Follow up pre-program assessment data with a post-program assessment. Data gathered via sample survey (students/teachers/parents) and interviews with representatives of key groups.	5.1. School will have a formal interim evaluation of program with recommendations for next steps.	3 hours 6 months after <b><i>Mindful Education workshop</i></b>