



Mindfulness Matters

Wellbeing Curriculum School Partnership 2023-2024: Research & Development Project

Breathe2B is an organisation focused on providing empowering training, curriculum and resources for teachers and students to build upon their unique strengths to achieve their community's vision of wellness.

We would like to offer the opportunity to an interested metropolitan school to run a fully supported research and development project utilising the Breathe2B secondary curriculum; with a cohort of students in Semester 2 2023 or Semester 1 2024.

The Breathe2B curriculum is a 10 session wellbeing programme that is designed to be delivered by teachers to young adults. Our curriculum includes visually appealing presentations, videos, audio recordings, structured lesson plans, scripts for practices, student worksheets and much more.

At Breathe2B we understand that teachers who are tasked with designing and facilitating student wellbeing programs, may have a variety of level of skill in this remit. The model for delivering the program is focused around 'training the trainer', so as to empower and support each teacher delivering the sessions to be fully equipped.

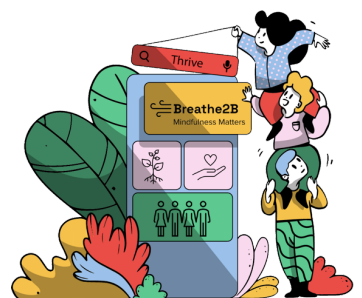
Research and Development Process

- Expression of Interest submitted by 30th June 2023 by email.
- Virtual meeting to foster connections and answer questions.
- Onsite visit to meet leadership and pastoral team, discussion of current wellbeing strategy, school values and blueprint. In this session school is to propose two school advocates for Breathe2B to partner with, they will become the key contacts post project initiation. In this sequencing meeting a key cohort of students is to be selected.
- One full day or two half day training for advocates. This includes understanding the pedagogical approach, curriculum mapping, logistical requirements, equitable access to curriculum resources. By the end of the training advocates are to be equipped to deliver the 10 sessions.
- Implementation of program with key cohort.
- Provision of pre/mid/post student survey to test efficacy.
- Online mentoring for staff advocates throughout the R&D.
- Breathe2B to prepare a case study in collaboration with school advocates and leadership team.

R&D Project Intent:

The intention of the collaborative Research and Development project is effectively train staff and to pilot the Breathe2B secondary program in a culturally diverse metropolitan secondary school setting. Testing the effectivity of the curriculum whilst supporting the school and providing measurable outcomes for stakeholders.

The data collected will subsequently inform program development and feed into a research report.



Curriculum Rationale:

Mindfulness improves well-being. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savour the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.

Research shows that different emotions are associated with different forms of breathing, changing the rhythm of your breath can signal relaxation, slowing your heart rate and slow down the parasympathetic nervous system.

By focusing on the here and now, many people who practice mindfulness and breathing techniques find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

School Commitment:

- This project is fully funded by Breathe2B.
- The proposed duration of the project is a Semester, your school will be required to propose two teacher advocates to be trained onsite by Breathe2B. After which the advocate will deliver the program to students.
- Breathe2B will provide curriculum resources and mentor the two staff advocates.
- Training is to occur onsite, school will be required to afford time release for the advocate training.
- School will need to select a cohort of students to run the sessions with (Year's 7-9 advised).
- School willingness to be assist with quantitate and qualitative survey data collection pre/mid/post project to feed into case-study.
- School willingness to assist with a project presentation at an upcoming SVA 'Thought Leadership Gathering'.

Staff Advocate Role:

The staff advocate can be any teacher with a passion for health and wellbeing. The ideal candidates must be members of staff who are driven to support the health and wellbeing of their community. The advocates will run the 10 session program.

Cultivate awareness, agency, foster well-being and create healing interactions.

Breathe2B
Mindfulness Matters

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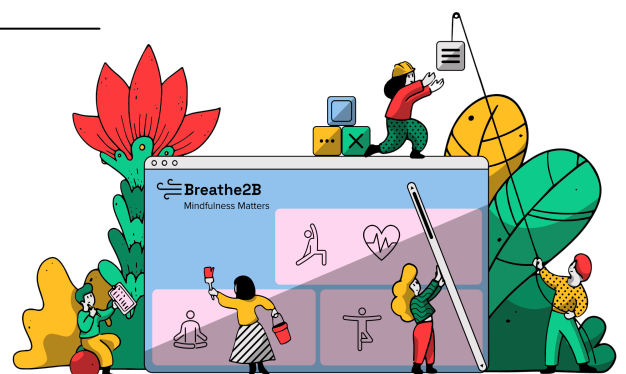
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THE BENEFITS OF MINDFULNESS FOR YOUNG ADULTS...

GROWING

Mindfulness can help young people to achieve their potential and to flourish.



GROUNDING

Mindfulness can help young people to feel grounded, safe and free to choose how they respond.



LEARNING

Mindfulness can help with the attention, concentration, planning, memory, attainment, performance.



MENTAL HEALTH

Mindfulness can help with depression, low mood, stress, anxiety, wellbeing, happiness, and resilience.



PHYSICAL HEALTH

Mindfulness can help with heart rate, blood pressure, cortisol & immunity, eating problems, and sleep quality.



SOCIAL & EMOTIONAL

Mindfulness can help with relationships, self-esteem, optimism, self-regulation, and caring & compassion.



BEHAVIOUR

Mindfulness can help with; self-regulation, impulse delay, oppositional behaviour, aggression, and ADHD.



What is the Breathe2B Curriculum?

The Breathe2B curriculum combines the practices of mindfulness, breathing techniques and neuroscience into a manageable 10-session course. The course and its resources have been designed by teachers for teachers. The purpose of the curriculum is to empower young adults to have the capacity to step back from the busy-ness of life and observe their habitual tendencies. Thus, enabling them to develop strong interpersonal skills, self-awareness, and clarity to navigate life in a meaningful way.

Why should your school introduce the Breathe2B curriculum?

Breathe2B is not just about helping our young people; it is also very much about those who care for them. The benefits of mindfulness in the adult world are well-researched and the positive impact it can have on teachers, counsellors and carers is central to Breathe2B's vision.

What is Mindfulness?

The definition of mindfulness is:

“The basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

The word mindfulness is simple. It suggests that the mind is fully aware of what's happening, to what you're doing, to the space you're moving through. As opposed to worrying about what might happen in the future or ruminating about what has already happened. Mindfulness can help us to be more aware of any tendencies to be reactive or overwhelmed by what is going on around us, grounding ourselves in those moments when they arise.

Our mind can fly away, out of the body, and then all too quickly we can be sucked into obsessive thoughts about something that just happened or worrying about the future. This can make us stressed or anxious. Mindfulness is a practical way of snapping us back into the moment to where we are and what we're doing and feeling.

If you really want to know what mindfulness is, it's best to practice it everyday. Week by week the Breathe2B course will build students knowledge and give them the opportunity to practice of these often simple yet highly effective techniques.

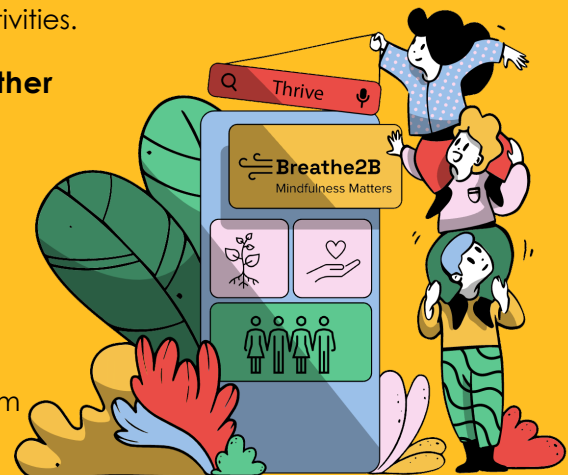
We all have the capacity to be mindful, it is a quality that every human being already possesses, it's not something you have to magic-up, you just have to learn how to access it. While mindfulness is innate, it can be cultivated through proven techniques.

We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities.

How is Breathe2B different from other programs?

Each Breathe2B session includes theory, conversation, breathing techniques and a guided mindfulness practice.

Week by week students will build their knowledge and develop a toolkit of practices to employed in the classroom and beyond.



Curriculum Outline

The 'Breathe2B' curriculum combines the practices of mindfulness, breathing and neuroscience into a manageable 10-session course. The course and its resources have been designed by teachers for teachers.

The purpose of Breathe2B is to empower young adults to have the capacity to step back from the busy-ness of life and observe their habitual tendencies. Thus, enabling them to develop strong interpersonal skills, self-awareness, and clarity to navigate life in a meaningful way.

Each session includes four distinct sections; **theory, breathing techniques, mindfulness practices and discussion**. Further to this, there are weekly student worksheets and guided inquiry built inside each session.

The program can be run consecutively for 10 weeks or across a full semester, each session is approximately 1 hour in duration.



Curriculum Alignment: ACARA Y7-8 HPE: Food & Wellbeing, ACARA General Capabilities: Personal and Social Learning Continuum (Level 5). PERMAV Positive Education model for 'flourishing' communities (Seligman, 2001). The program can be run inside HPE classes, Ethics, standalone SEL timetabling, Positive Education timetable classes, Health and Well-being drop-down days, General Studies, Extended House Group time or Pastoral Programs.

Week	Theory	Breathing Technique	Mindfulness Practice
1	<ul style="list-style-type: none"> Program overview and expectations What is mindfulness and its benefits Strong Silence Safe Space 	1 minute breath awareness	Chair practice
2	<ul style="list-style-type: none"> Training the Attention Brain Training Being Here and now 	Square breathing	Guided sensory awareness
3	<ul style="list-style-type: none"> The Monkey Mind One room, many states of mind Loving kindness 	Anchoring breathing	Loving kindness
4	<ul style="list-style-type: none"> The two states of mind Noticing and coping with stress Overthinking Fight or flight mode 	Finger breathing	Laying down body scan
5	<ul style="list-style-type: none"> Living in the here and now Shifting out of autopilot Rumination and catastrophising Mindful Eating 	7/11 breathing	The raisin meditation
6	<ul style="list-style-type: none"> Thought Traffic - Thinking about thinking The prefrontal cortex and the amygdala Responding rather than reacting Sitting with difficulty Positive Self-talk 	4-7-8 breathing	Thought Buses
7	<ul style="list-style-type: none"> The flow state Moving mindfully Living Mindfully 	Rainbow breathing	Mindful walking
8	<ul style="list-style-type: none"> Stress Signals in the body Fight, flight and freeze The parasympathetic nervous system Planning personal intervention 	Straw breathing	Fake exam scenario (Guided controlled experiment)
9	<ul style="list-style-type: none"> Mindful use of technology Screen downtime Serotonin release Sleep routines 	Belly breathing	Visualisation of perfect sleep routine
10	<ul style="list-style-type: none"> The Science of gratitude Compassionate letter to myself Bringing it all together 	Breathing from the heart	Gratitude Practice

Wellbeing

Emotional Regulation

Awareness

Gratitude

Empathy

Compassion

Clarity

Kindness

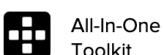


Mindfulness benefits for teachers:

As a teacher delivering the program you will not only empower the lives of students, as a facilitator the program will teach you strategies for self-care such as:

- How to reduce burnout
- Improve regulation of stress
- Increase self-compassion
- Increase teaching efficacy

Breathe2B provides training, assistance for implementation and full resources housed inside our platform to support your teachers and students.



All-In-One Toolkit



Secure Platform

Why are breathing techniques included in this program?

Research shows that different emotions are associated with different forms of breathing, and so changing how we breathe can change how we feel. For example, when you feel joy, your breathing will be regular, deep and slow. If you feel anxious or angry, your breathing will be irregular, short, fast, and shallow.

How does this work?

Changing the rhythm of your breath can signal relaxation, slowing your heart rate and stimulating the vagus nerve, which runs from the brain stem to the abdomen, and is part of the parasympathetic nervous system, which is responsible for the body's "rest and digest" activities (in contrast to the sympathetic nervous system, which regulates many of our "fight or flight" responses). Triggering your parasympathetic nervous system helps you start to calm down.

You feel better. And your ability to think rationally returns. To get an idea of how breathing can calm you down, try changing the ratio of your inhale to exhale.

What's the point of mindfulness?

Mindfulness training has been shown to significantly improve health and wellbeing. Having taken a mindfulness course, people have reported that they are able to learn new information more effectively, think more clearly and feel calmer and less anxious. Specific mindfulness courses are now recommended by the National Institute of Clinical Excellence, and GPs are referring adults on to eight-week mindfulness courses to reduce stress and help prevent recurrent depression. It is increasingly being used in the workplace to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people to enhance wellbeing, learning, and behaviour management.

Is mindfulness difficult?

Mindfulness is simple, we just need to remember to do it! At first the mind tends to wander constantly, but with practice we learn to sustain our attention and direct it more skilfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and rational thinking about all aspects of life. However, it takes practice.

