

Mindfulness Monday: What is mindfulness? (WC 08.09.25)



Each week you will look at strategies and discussion topics to develop mindfulness

Session 1: What is mindfulness?

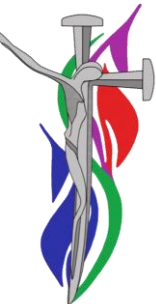
Mindfulness is the practice of being present and fully aware of the current moment, including your thoughts, feelings, and bodily sensations, without judgment. It's about paying attention to what's happening right now, without getting carried away by past experiences or future worries.

Why is it important to practice mindfulness? Discuss as a class

Mindfulness offers a wide range of benefits for both mental and physical health. It can reduce stress and anxiety, improve focus and attention, and enhance emotional regulation. Practicing mindfulness can also lead to increased self-awareness, better sleep, and improved overall well-being.



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Mindfulness Monday: The Present moment (WC 15.09.25)



Each week you will look at strategies and discussion topics to develop mindfulness

Session 2: The present moment

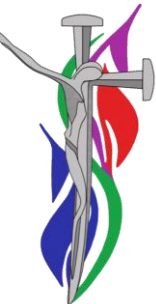
Mindfulness of the present moment involves actively paying attention to your current experience, including your thoughts, feelings, and surroundings, without judgment. It's about being fully engaged in "what is" rather than dwelling on the past or worrying about the future.

Why is it important to think in the present moment? Discuss as a class

This practice can lead to reduced stress, improved focus, and a greater appreciation for the world around you



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Mindfulness Monday: Non-judgment (WC 22.09.25)



Each week you will look at strategies and discussion topics to develop mindfulness.

Session 3: Non-judgement

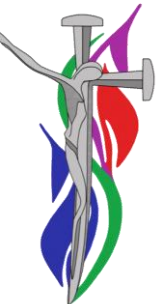
Mindfulness non-judgment means paying attention to your present moment experiences without automatically labeling them as good or bad, right or wrong, liked or disliked. It involves observing your thoughts, feelings, and sensations without getting carried away by them or criticising yourself for having them.

Why is it important to think in a non-judgmental manner? Discuss as a class

This practice helps you cultivate a more accepting and compassionate relationship with yourself and your experiences.



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Mindfulness Monday: Acceptance (WC 29.09.25)



Session 4: Acceptance

Accepting the present moment as it really is can put you in a strong place.

By accepting the reality of a situation instead of denying or resisting it, **you have the power to choose how you react** to that situation. Responding to situations in a mindful way with acceptance and awareness, rather than automatically reacting in the same ways you always have in the past, can be helpful and empowering. It gives you the headspace to make new, alternative choices.

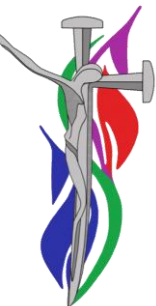
Mindful acceptance changes your focus from fighting the present moment to *working with* the present moment.

How can you practice acceptance? Discuss as a class

- Give yourself permission to let go of trying to solve or change the impossible!
- Acceptance is not about resigning yourself to whatever is happening, rendering yourself helpless or giving up! Life and all its challenges happen; there are some things that we are able to or want to change and some things we can't.



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Mindfulness Monday: Patience (WC 06.10.25)



Session 5: Patience

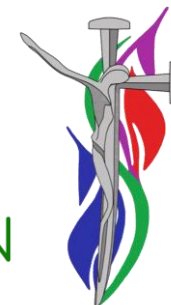
Mindfulness and patience are closely intertwined. Mindfulness, the practice of being present and aware of one's thoughts, feelings, and surroundings without judgment, naturally cultivates patience. By observing experiences without immediate reaction, mindfulness allows one to develop a more tolerant and accepting attitude towards the unfolding of events, recognizing that some things take time to develop.

How can you practice patience? Discuss as a class

1. Make yourself wait for things. Making yourself wait for things is one of the most effective strategies for developing your patience. ...
2. Question your expectations. ...
3. Identify the real issue. ...
4. Prioritise your schedule. ...
5. Be aware of your triggers. ...
6. Relax and take deep breaths. ...
7. Choose how to react



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Mindfulness Monday: Beginners Mind (WC 13.10.25)

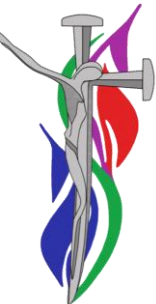


Session 6: Beginners mind

The concept of a beginner's mind, or "Shoshin" in Zen Buddhism, is a core principle in mindfulness practice. It refers to approaching every situation, experience, or task with an open, eager, and curious attitude, as if seeing it for the first time, free from preconceptions and judgments

How can you have a beginners mind? Discuss as a class

1. **Practice mindfulness:** Engage in mindfulness meditation, paying attention to the present moment without judgment.
2. **Let go of preconceptions:** Before engaging in an activity or interaction, consciously set aside your existing beliefs or past experiences.
3. **Embrace learning opportunities:** View every experience as a chance to learn something new, whether it's a conversation or a new project.
4. **Ask questions:** Challenge yourself to ask "why" and "how" questions to deepen your understanding.
5. **Reflect regularly:** Consider how you can apply new knowledge and perspectives to your daily life.
6. **Seek feedback and new perspectives:** Engage with people who have different viewpoints and be open to feedback.



Mindfulness Monday: Emotional check ins (WC 20.10.25)



Session 7: Emotional check ins

Mindfulness emotional check-ins are a practice of taking a moment to tune into your current feelings and physical sensations, without judgment. They help you become more aware of your emotional state, which can lead to improved self-awareness, stress reduction, and better emotional regulation.

How can you conduct an emotional check in? Discuss as a class

1. **Find a quiet space:** Choose a comfortable and quiet place where you can focus without distractions.
2. **Focus on your breath:** Take a few deep breaths, noticing the sensation of the air entering and leaving your body.
3. **Acknowledge your feelings:** Identify how you're feeling, without trying to change or analyze the emotions. Simply notice them.
4. **Notice physical sensations:** Pay attention to any physical sensations in your body, like tension, tightness, or lightness.
5. **Observe your thoughts:** Notice any thoughts that come to mind, without getting carried away by them. Treat them as passing clouds.
6. **Express gratitude:** Reflect on things you're grateful for, shifting your focus from negative to positive.
7. **Set an intention:** Consider setting a positive intention for the rest of the day or the next few hours.

