



MINDFUL Me³

Body Mind Soul Wellness
Programme Proposal

What is mindfulness?

“Mindfulness is a state of active, open attention on the present. When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future”.

<https://www.psychologytoday.com/us/basics/mindfulness>

Mindfulness is the single most powerful tool that we as a human species can develop! It is a superpower that unlocks so much human potential. Ken Wilber says that there are 10 lines of development – cognition (IQ) is one and this is the one we seem to get stuck on but the most powerful line of development and the one that underpins and supports all the others is spirituality (unrelated to religion). The way to develop this line is through mindfulness.



What are the benefits of mindfulness?

Various research projects across the world have confirmed the following benefits of implementing mindfulness interventions in schools (pre-school, primary and high school) are as follows:

- Increase in the development of executive functioning in the pre-frontal cortex which improves levels of concentration, focus and academic performance in learners as well as enhanced and more creative problem solving.
- Enhanced and increased self-regulation resulting in higher levels of emotional control, self-awareness and better conflict resolution styles amongst the learners.
- Higher levels of empathy, more effective communication styles and better interpersonal and social skills amongst the learners. A reduction in the degree and number of incidents of bullying was observed.
- Lower levels of stress, depression and anxiety amongst the learners and teachers resulting in enhanced overall emotional wellbeing, calmer and more peaceful learning environments and reduction in childhood and teen suicide rates. Learners also experience lower levels of exam and test anxiety.
- Lower levels of cortisol (stress hormone) and therefore an overall improvement in the immune systems of learners and teachers.



What is **MINDFUL Me**³?

Mindful Me is a mindfulness-based intervention (MBI) programme that consists of on-site, weekly mindfulness training and practices for learners and teachers through the mediums of:

- Musing - closed eye, guided focus sessions
- Movement – guided movement and dance sessions
- Music – guided singing, instrument playing and closed eye music sessions
- Self-expression – guided artistic self-expression sessions



Who will benefit from MINDFUL Me³?

Mindful Me is designed in four age-appropriate stages suitable for learners aged 3 to 18 and can be implemented at nursery, primary and high school:

- Mindful Me pre-school for learners aged 3 to 6 years.
- Mindful Me junior primary for learners aged 6 to 9 years
- Mindful Me senior primary for learners aged 10 to 13 years
- Mindful Me high school for learners aged 14 to 18 years



MINDFUL Me³ curriculum

Through the various mediums used by Mindful Me to implement mindfulness based interventions the following curriculum is covered:

An Introduction To
Body Mind and
Soul

Your Brain And Its
Parts (Learning
About Attention)

The Monkey Mind
And How To Tame
It

Recognising Stress,
Worry, Anxiety and
Depression

Being Here and
Being Present

How To Use
Movement To
Guide Attention

The Traffic Of Our
Thoughts

Relationships

Strong Emotions

Gratitude



What does **MINDFUL Me³** cost?

Mindful Me is designed to fit any school budget with the following cost-effective options:

| Product Description | No. Of Sessions Per Week | Price Per Session | Price Per Learner Per Session | Price Per Learner Per Month |
|--|---------------------------------|--------------------------|--------------------------------------|------------------------------------|
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 250 learners per session | 1 | R 950.00* | R 3.80 | R 15.20 |
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 250 learners per session | 2 | R 750.00* | R 3.00 | R 24.00 |
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 250 learners per session | 3 | R 550.00* | R 2.20 | R 26.40 |
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 250 learners per session | 4 | R 350.00* | R 1.40 | R 22.40 |

*Price per session remains set even if less than 250 learners are present in the session.

Mindfulness interventions for Teachers:

| Product Description | No. Of Sessions Per Week | Price Per Session | Price Per Teacher Per Session | Price Per Teacher Per Month |
|---|--------------------------|-------------------|-------------------------------|-----------------------------|
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 25 teachers | 1 | R 250.00* | R 10.00 | R 40.00 |
| Mindfulness Based Intervention Session (25 mins of musing or movement or self-expression or music) Maximum of 25 teachers | 2 | R 150.00* | R 6.00 | R 24.00 |

*Price per session remains set even if less than 25 teachers are present in the session.



Optional extras (once-off):

| Product Description | No. | Price |
|--|-----|------------|
| Info evening for parents (60 mins) | 1 | R 500.00 |
| Mindful Me Bag Tag | 1 | R 15.00 |
| Mindful Me Badge | 1 | R 15.00 |
| Mindful Me Weekly Superhero Badge (one per class) | 1 | R 15.00 |
| Mindful Me T-Shirt (Learners, Parents and Teachers) Personalised to each school | 1 | R 250.00 |
| Mindful Me Recharge My Superpowers On-site Permanent Quiet Spot for Learners and Teachers to use as needed | 1 | R 1 500.00 |



Want to know more?

Please contact Laure Kirsten-Otto for more on Mindful Me for learners and teachers as well as for interventions within the corporate, family and relationship space on 063 713 8561 or at laure@actualiseu.co.za

Let us unleash the superpower of mindfulness in our kids and provide them with the most powerful skill set that will serve them throughout their lives!

