

# Supporting student outcomes through MINDFULNESS

Students are currently facing many challenges through the COVID-19 pandemic and change to remote learning this term. Change is tough and evokes unsettling emotions that can be pretty tricky to manage.

Mindfulness is a great classroom tool that will help ground our students during this time, to help them regulate emotions, build resilience and focus on their learning.

Incorporating some mindfulness activities into your class schedules can improve student wellbeing and learning. Activity ideas include guided meditation, breathing exercises, self-massage, yoga, stretching, dance, colouring and 5 senses exercises.

For more information and resources see recommended list as below.

## Free Resources



**Classroom DIY**

[How it works](#)  
[DIY Activity Ideas here](#)



**Smiling Mind**

[Information Link](#)  
[YouTube example here](#)



**Headspace**

[Information Link](#)  
[YouTube example here](#)



**Stop, Breathe, Think**

[Information Link](#)  
[YouTube example here](#)



**Breathe Bubble**

[Information Link](#)  
[YouTube example here](#)



**Cosmic Kids**

[Information Link](#)  
[Free YouTube Videos](#)



**GoNoodle**

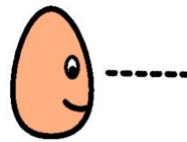
[Information Link](#)  
[Free YouTube Videos](#)



**Sesame Street Breathing**

[Information Link](#)  
[App Store Link](#)

## Class Benefits



### Enhances focus

- Increases attention span after **4 days**
- Improves memory and focus by **50%**



### Improves academic performance

- Increases school engagement
- Improves productivity by **100%**



### Reduces disruptive behaviour

- Teachers report **80%** behavior improvement
- Reduces school suspension **45%**



### Improves wellbeing

- Improves wellbeing by **76%**
- Reduces stress & anxiety by **51%**
- Increases ability to calm by **75%**



### Increases engagement and social skills

- Increases class participation by **85%**
- Improves ability to engage in teamwork & positive relationships