

Mindfulness & Stress

Teacher Guidance for SEND Schools



Who is this lesson for?

This activity is designed primarily for KS4 and KS5 students returning to school after the coronavirus lockdown, many of whom will have been away from school for up to 6 months. It can be used in 1:1 contexts or as group work. It is also suitable for younger students where required.

Objectives

1. To define key words and identify how they manifest in students.
2. To introduce some relaxation techniques and their positive effects.
3. To reinforce the positive effects of Healthy Eating
4. To devise a 'Personal Relaxation Plan'

Outcome: Students have a coping strategy to deal with stress and have created their own 'Personal Relaxation Plan'

Lesson Structure

This can be delivered in the following ways:-

- as a one-hour session, covering all content
- as four 'stand-alone' sessions with activities that can be used when and where appropriate during the school day.

Teachers are welcome to make any reasonable changes to the content in order for it to meet their students' needs and some suggested resources, etc are signposted below and in the Appendix within the main pack.

Additional / Extension Activities: a regular practising of Mindfulness group within the group; art work to promote mindfulness/ wellbeing; playing of music at appropriate times during the day.

Links to useful organisations: [headspace.com](https://www.headspace.com)
[Foodfactoflife.org.uk](https://www.foodfactoflife.org.uk)
[Mindfulnessuk.com](https://www.mindfulnessuk.com)
[youthmindfulness.org](https://www.youthmindfulness.org)

For more information about NCS and the opportunities we offer young people please visit us at [wearencs.com](https://www.wearencs.com)

Slide	Timings	Content Guidance
1	Title Slide	Mindfulness and Stress
2	Contents	Including necessary resources
3	Activity/Session 1	Understanding Stress
4		Explain objectives and introduce key words. Possible discussion topic about what the words mean to students.
5		Task for students to reflect on personal sources of stress. Depending on the group, this could be cascaded through "think, pair, share" discussion, or any appropriate alternative.
6	Activity /Session 2	How to Relax
7		Reflection task on how students relax. This could be done through individual reflection, pair/group work, or whole-group discussion.
8		Introduction of Deep Breathing technique
9		Explanation of technique. Students do not need to participate at this stage since the video on the next slide will narrate the process.
10		Video: How to do Deep Breathing (via YouTube)
11	Activity /Session 3	Diet and Stress
12		Introduction of physiological response to stress triggers and how diet can play a role.
13		Sharing of top tips for a diet which can have an impact on stress responses. Group discussion possible regarding how these could be incorporated into students' lives. Possibility here for some art work / project work to be done too.
14		Students invited to complete a check-list of top tips. Discussion possible.
15	Activity /Session 4	Your own Personal 'Relaxation Plan'
16		Introduction to the concept of a Personal Relaxation Plan, including potential components. Students are invited to plan contents of their own in the remaining time.
17		Link to wearencs.com