



BENEFITS OF MEDITATION IN THE CLASSROOM

improve focus and attention

regular meditation supports the pre-frontal cortex – a key player in the brain that affects cognitive control – encouraging pupils to be relaxed yet attentive.

support behaviour self-regulation

supporting cognitive control gives young people the ability to support impulse inhibition – helping them limit the urge to react aggressively in times of stress (eg another pupil annoying them!)

improve attendance

regular meditation and mindful tools helps to support better sleep and reduce the effects of long term stress (eg lockdown trauma)

build resilience

developing skills to overcome adversity with the ability to offer others (and self) compassion when they make mistakes. Helping their confidence to try new things and learn.

Encourage emotional intelligence

Helping young people to be mindful (and accepting) of all emotional states moving out of their negativity bias. Helping them study/sit exams without being frozen or use avoidance behaviour because of fear.

Build confidence

The more young people understand themselves, the more they accept who they are and aren't self limiting with thoughts and feelings. This awareness empowers them with a choice in how they think, feel and respond to every situation they face both in and out of school.

LEARN TO TEACH MEDITATION

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