

# Mindfulness

## in Primary and Early Years Settings



**Presented by Michelle Dredger**

Michelle is an outstanding primary school teacher, consultant, trainer and author. She is passionate about supporting the mental health of all children and promoting well-being in schools through mindfulness practice.

**£299 + VAT**

Make sure you ask about additional delegate discounts

- 📌 **Build focus and concentration, and overcome anxiety**
- 📌 **How to implement and understand the research**
- 📌 **Get past 'plastic practice' with 20 mindfulness techniques**
- 📌 **Develop a whole-school well-being culture that starts in Early Years**

**New  
Course**

### Mindfulness Unboxed

- Explore the benefits of mindfulness
- Unpick the causes of difficult moments in a school day
- Best-practice methods for dealing with a child's behaviour/ mental health issues
- How to approach difficult emotions and feelings
- Questions and discussions specific to your setting

### Activities to Promote Mindfulness

- Developing approaches to teaching that reward effort, such as growth mindsets and physical activity
- Creating dedicated spaces to promote relaxation
- Mindfulness sessions to promote emotional intelligence, problem-solving and literacy skills
- Self-esteem and resilience programmes

Discover extra-curricular activities and tutor/house systems designed to build staff–student and peer relationships as well as confidence, communication, teamwork and many other skills.

*"Michelle delivered mindfulness training to our staff. It was a well-planned, engaging session, which all staff participated in and enjoyed."*

Fiona West, previous delegate

## Book Now

📍 [osiriseducational.co.uk](https://www.osiriseducational.co.uk)

☎ 0808 160 5 160 / 01790 753 987

🏠 Call 01790 755 783 to run this course in your school

### Delegates receive:

- 📌 Calm-down strategies
- 📌 Craft-based mindful activities
- 📌 Ways to develop a well-being policy
- 📌 Tips for dealing with difficult emotions
- 📌 Plans for mindful moments
- 📌 Online post-course support
- 📌 Delegate file, including CPD certificate

