

Pause  
Breathe  
Smile



Brought to schools  
by Southern Cross

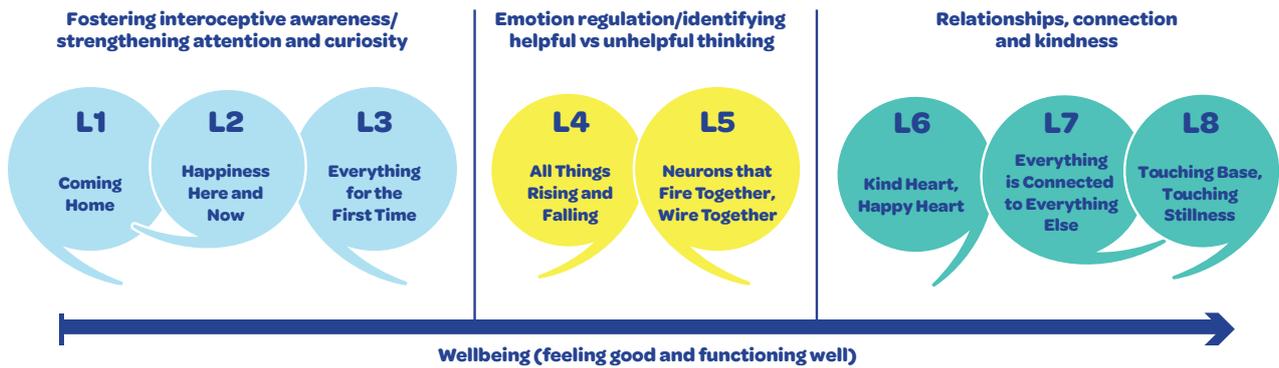


# Pause Breathe Smile

A mind health programme designed to equip children aged five to 12 with tools to manage the ups and downs of life and set them up for a healthy future. Delivered in schools, by teachers, it is evidence based, curriculum-aligned and funded for schools by Southern Cross.

Delivered under licence from

# The Pause Breathe Smile programme



## Pause Breathe Smile in schools

### How it Works

This whole-school PLD provides everything your school needs to implement a robust, evidence-based wellbeing programme in your kura. Whether your school already has wellbeing initiatives or you're just starting out, the Pause Breathe Smile programme will meet you where you are to layer, enrich, and embed wellbeing experiences and approaches. By building the capacity of your team, you can build the wellbeing outcomes for your learners.

### Uniquely New Zealand

Pause Breathe Smile was developed at the Mental Health Foundation of New Zealand, with specialist input sought from experts in education, mental health, and mindfulness, all underpinned by firm acknowledgement of New Zealand's unique bicultural context. Curriculum-aligned with resources in both English and Māori, Pause Breathe Smile is contextualised by Te Whare Tapa Whā – Sir Mason Durie's model of hauora from a Māori perspective.

### Free PLD, fully funded by Southern Cross

Southern Cross' involvement makes it possible for Pause Breathe Smile to be made available free of charge to any Primary or Intermediate school in New Zealand. Each trained school receives a PBS sign to display on the school gate or office, each teacher receives a printed Educators Handbook and each student receives a printed Student Learning Journal. We are so grateful for the support of Southern Cross as we work to improve the health and wellbeing of young New Zealanders.

## Core Mindfulness Practices

### Mind health skills for kids



Mindful Breathing



Emotional Literacy



Mindful Movements



Te Whare Tapa Whā



Mindful Eating



Gratitude



Kindness



Resilience

# Pause Breathe Smile PLD

Learn, practise, deliver, embed

Training workshop:  
Teacher only-day  
(in person)  
OR 4 x1 hour  
multi-sessions  
(online).

**Whole School Approach**  
**He wakaeke noa**

Learn about wellbeing,  
practice mindfulness  
and access additional  
teacher-focused  
resources.

**Educator wellbeing**  
**Te Hauora o te Kaiako**



**Resources**  
**Nga Rauemi tautoko**

Supported, quick  
implementation, digital  
pātaka that works alongside  
printed Educator Handbooks and  
Student Learning Journals.

**Ongoing Support and Research**  
**Tautineī**

Underpinned by  
research and ongoing  
evaluation of each school.

Regular opportunities to engage with  
other PBS educators and experts.



**“This is the best PLD we’ve  
ever done as a school. We are  
excited to start our (PBS)  
journey as we know it will  
have huge benefits to our  
diverse student wellbeing  
needs.”**

- Teacher Feedback

## Evidence-based with an ongoing commitment to research

Research studies were conducted during the development of Pause Breathe Smile, in collaboration with research teams from AUT and The University of Auckland. Results were published in peer-reviewed academic journals<sup>1,2,3</sup>. Since then, further evaluations of the programme have been regularly conducted<sup>4</sup>.

All schools taking part in Pause Breathe Smile are surveyed by the New Zealand Institute of Wellbeing and Resilience, with data collected at three time points: prior to the start of the programme, at four months follow-up, and at one year follow-up. Each school receives a compilation report one year post training.

Further evaluation and development of resources, including for full-immersion Māori settings, ensure the programme's ongoing impact and continued relevance for Māori and non-Māori ākonga.

### Research findings

- **Increases calmness**
- **Improves focus & attention**
- **Enhances self-awareness**
- **Improves conflict resolution skills**
- **Develops positive relationships**
- **Reduces teacher stress**
- **Statistically significant increases in childhood wellbeing**



**“I have seen kids using the Pause Breathe Smile Programme first hand, and it was amazing. It gave me hope that maybe we really could do something to turn the tide.”**

**- Nigel Latta**

1. Rix, G. & Bernay, R. (2014). A study of the effects of mindfulness in five primary schools in New Zealand. *New Zealand Journal of Teachers' Work*, 11(2), 201-220.

2. Bernay, R., Graham, E., Devcich, D. A., Rix, G., & Rubie-Davies, C. M. (2016). Pause, breathe, smile: A mixed-methods study of student wellbeing following participation in an eight-week, locally developed mindfulness program in three New Zealand schools. *Advances in School Mental Health Promotion*, 9(2), 90-106.

3. Devcich, D. A., Rix, G., Bernay, R., & Graham, E. (2017). Effectiveness of a mindfulness-based program on school children's self-reported well-being: A pilot study comparing effects with an emotional literacy program. *Journal of Applied School Psychology*, 33(4), 309-330.

4. Hynds, A., Hindle, R., Kus-Harbord, L., & Savage, C. (2020). Impact evaluation for the Pause, Breathe, Smile programme. Christchurch: Ihi Research.

Contact [coordinator@pausebreathesmile.nz](mailto:coordinator@pausebreathesmile.nz) to book!



[pausebreathesmile.nz](https://www.pausebreathesmile.nz)



[/pausebreathesmile](https://www.facebook.com/pausebreathesmile)



[coordinator@pausebreathesmile.nz](mailto:coordinator@pausebreathesmile.nz)