

**Pause  
Breathe  
Smile**



Brought to schools  
by Southern Cross

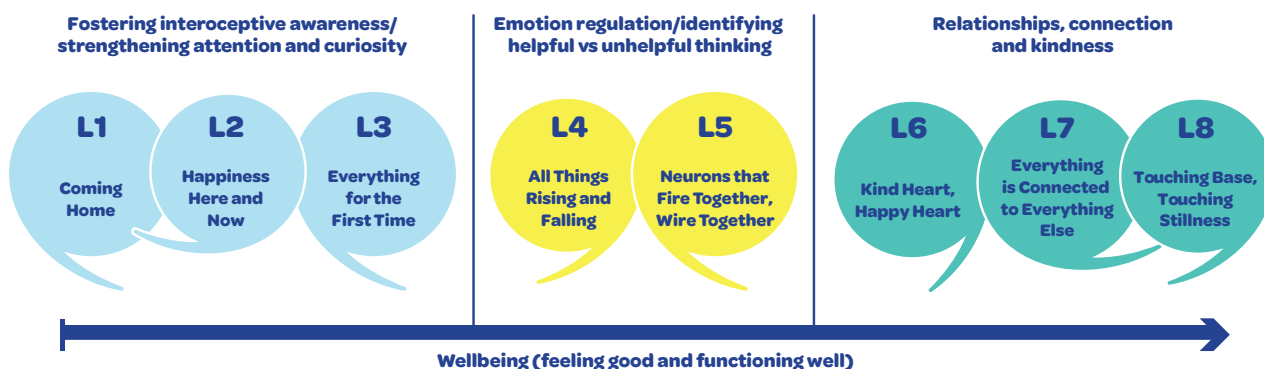


# Pause Breathe Smile

A uniquely New Zealand mind health programme designed to equip children aged 5 to 12 with tools to manage the ups and downs of life and set them up for a healthy future. Primarily delivered in schools, by educators, it is evidence-based, curriculum-aligned and funded by Southern Cross. Funding is also available to train other education, wellbeing and/or health professionals who are well positioned to share the programme directly with children.

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# The Pause Breathe Smile programme



## Pause Breathe Smile in schools

### How the training works

Our training provides everything your school or organisation needs to implement a robust, evidence-based wellbeing programme. Whether you already have 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 the tamariki you work with.

### Uniquely New Zealand

Pause Breathe Smile was authored by Grant Rix, Director of Mindfuness Training and Development, while 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 as well as other eligible organisations who work with children. Each individual trained receives a printed Educators Handbook and ongoing access to online resources in the "Pātaka" or member's area of the website. 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



# Pause Breathe Smile PLD

Learn, practise, deliver, embed

Training workshop\*:  
Full day in-person or  
online or 4x1 hour  
multi-sessions online

**Whole School Approach**  
**He waka eke noa**

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

**Educator wellbeing**  
**Te Hauora o te Kaiaako**



**Resources**  
**Ngā Rauemi tautoko**

Supported, quick  
implementation, digital  
pataka 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.

\*Non-school PLD is online only

**“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>.

Since the start of Southern Cross funding, all schools taking part in Pause Breathe Smile have been surveyed by the New Zealand Institute of Resilience and Wellbeing & Mindquip. Data is collected at three time points: prior to the start of the programme, at four months follow-up, and at one year follow-up.

The first independent analysis of this wellbeing survey data at 18 months showed positive impacts<sup>5</sup> on children and teachers following implementation of Pause Breathe Smile.

## 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**
- **Improves focus, perseverance, helpfulness and selfmotivation**
- **Reduces apprehension, anxiety and pessimism**



**“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.

5. Rusk, R. (2022). Impact evaluation for the Pause Breathe Smile programme. Mindquip & New Zealand Institute of Resilience and Wellbeing

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



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