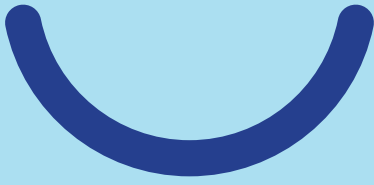


Pause
Breathe
Smile



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Flexible teaching options for Pause Breathe Smile Lessons

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Flexible Delivery Options for Pause Breathe Smile Lessons

The Pause Breathe Smile programme was originally designed to be delivered via 8 lessons (each taking between 45 minutes and an hour, 1x per week), with short mindfulness practices woven into the school day/week between. This method works well for many teachers.

However, some educators may want to tailor the way they deliver the programme to better suit their daily or weekly timetable, their learners' developmental needs and attention spans, and the desired number of weeks they want to take to cover the content.

Here are some flexible delivery options for you to consider and choose amongst to best meet the needs of your ākonga and the flow of your school day and school terms.

8 Lessons

Progress through the 8 lessons of the Pause Breathe Smile Programme exactly as outlined in the handbook. Lessons should be about one week apart to permit time for deepening understanding and contextualisation outside of formal lessons, with short daily mindfulness practice in between lessons as instructed in the handbook.

15 Mini-lessons Over 8 Weeks

Progress through the lessons of the Pause Breathe Smile Programme, each lesson divided roughly in half (see below for the plan). Share one ½ hour lesson 2x a week to finish in about 8 weeks, with short daily mindfulness practice continued on days in between.

15 Mini-lessons Over 15 Weeks

Progress through the lessons of the Pause Breathe Smile Programme, each lesson divided roughly in half (see below for the plan). Share one ½ hour lesson 1x a week to finish in about 15 weeks, with short daily mindfulness practice in between lessons as instructed in the handbook.

We do not recommend breaking the programme down further as contextualisation and true understanding of the material and practices will be compromised.

In addition, whichever pace you choose to use with your ākonga, we recommend doing the **entire Pause Breathe Smile programme in one flow**, each week building on the previous, from start to finish.

Key for Flexible Teaching Options



Refer to your Educator's Handbook for guidelines on linking the lessons to this elegant model of hauora showing four domains of wellbeing.



A mindfulness practice: these guided audio tracks are played for your class through the Members' Section of the PBS website.



A mindful movement activity: either described in the Educator's Handbook lesson or your choice or learners' choice. (For ideas, watch the short mindful movements video on the Members' Section of the PBS website).



An activity or discussion to help learners develop emotional literacy and communication about feelings.



A discussion prompt, teaching script, or white board illustration or activity.



A mindful eating practice: refer to your Educator's Handbook for instruction.



An activity or practice to help learners develop gratitude and appreciation.



An activity or practice to help learners develop and grow kindness.

15 Mini-Lesson Units


Coming Home (Primary)

PRE-1.1:

 Te Whare Tapa Whā

Lesson 1.1:

 Mindfulness Bell and defining Mindfulness and the present moment

 Straight Back, Soft Belly and Round Room Feedback

 Mindful Movements

Lesson 1.2:

Be sure to link to previous lesson. For example, “Remember how we talked about mindfulness the other day? You will have noticed that on the board I have drawn a table with two columns: red zone and green zone. Learning mindfulness helps us to notice what is happening and how we are feeling in each moment...” (refer to the section on Red Zone/Green Zone in your handbook for the rest of this sample script).

 Red Zone / Green Zone

 Coming Home to the Body

 Mindful Eating

 Mindfulness Treaty

Lesson
1

Coming Home (Intermediate)

PRE-1.1:


 Te Whare Tapa Whā

Lesson 1.1:

 Mindful Eating

 Red Zone / Green Zone

 Mindfulness Bell and defining Mindfulness and the present moment

 Straight Back, Soft Belly and Round Room Feedback

Lesson 1.2:

Be sure to link to previous lesson. For example, “Remember how we talked about mindfulness the other day? You will have noticed that on the board I have drawn a table with two columns: red zone and green zone. Learning mindfulness helps us to notice what is happening and how we are feeling in each moment...” (refer to the section on Red Zone/Green Zone in your handbook for the rest of this sample script).

 Coming Home to the Body

 Mindful Movements




 Mindfulness Treaty

Lesson
1

Happiness Here and Now




Lesson 2

2.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Mindful Movements
-  Two Types of Happiness

2.2:



Link to previous lesson: "Remember how we sorted things that make us happy into two types of happiness? Today we are going to begin with a gratitude practice. What kind of happiness do you think gratitude helps us feel?"

-  Gratitude Practice
-  Thankful for Hands and Feet
-  Mindful Eating

Everything for the First Time




Lesson 3

3.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Mindful Walking

3.2:




Link to previous lesson: "In our last Pause Breathe Smile lesson, we pretended we were aliens/scientists. Remember walking really really slowly, noticing all that we could about our breathing and how our muscles, bones, ligaments, and tendons all worked together to help us move around? Today we are going to try other kinds of poses and movements to discover even more about the strong connections between our bodies and our minds!"

-  Posture, Breathing, and Mind States
-  Making Friends with the Body/Body Scan
-  Mindful Eating

All Things Rising and Falling




Lesson 4

4.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Mindful Movements
-  Painting/Drawing the Breath

4.2:



Link to previous lesson: "Do you remember how we drew our breath like a bell curve? Today we are going to look more closely at emotions, which rise and fall in a similar pattern."

-  Understanding the Rise and Fall of Emotions
-  Feelings are the Language of the Body
-  Mindful Eating

Neurons That Fire Together, Wire Together





Lesson 5

5.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Wonder of the Brain (Facts and Drawing on board)

5.2:





Link to previous lesson: "Does anyone remember a fact we learned about our brains yesterday/the other day? (solicit responses and refresh) Well, today we are going to become neurons ourselves to investigate and explore the way that neurons talk to each other."

-  Mindful Movements: Neuron Dance, Brain Dance
-  Mind jar
-  Here in this body, now in this moment
-  Mindful Eating

Kind Heart, Happy Heart




Lesson 6

6.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Mindful Movements
-  Science of Kindness drawing and/or video
-  Happy Heart Practice

6.2:





Link to previous lesson: "Over the last couple of days, have you noticed anything about how being kind feels in your body? Today we will do a mindfulness practice that will support us continuing to become more kind, and also give our classmates some kind words, too."

-  Random Acts of Kindness
-  Kind/friendly comments for classmates
-  Mindful Eating

Everything is Connected to Everything Else





Lesson 7

7.1:

-  Straight Back, Soft Belly and Round Room Feedback
-  Mindful Movements
-  Mindful Relating, Oxygen/Carbon Dioxide, Water cycles, etc.
-  All Life Breathing (optional)

7.2:






Link to previous lesson: "All of life is about relationships. What are some of the connections and relationships we talked about yesterday/the other day? Have you noticed any other kinds of connections?"

-  Hikitia te hā
-  Breathing with the Green Plants
-  World in an Apple
-  Prep for Lesson 8

Touching Base, Touching Stillness

(full lesson as per handbook)

Lesson 8

-  Straight Back, Soft Belly and Round Room Feedback
-  Review of mindfulness learnings
-  Touching Base as Community of Friends
-  Peace to Everybody
-  Mindful feasting