

Pause
Breathe
Smile



Brought to schools
by Southern Cross

**100%
free**



Pause Breathe Smile

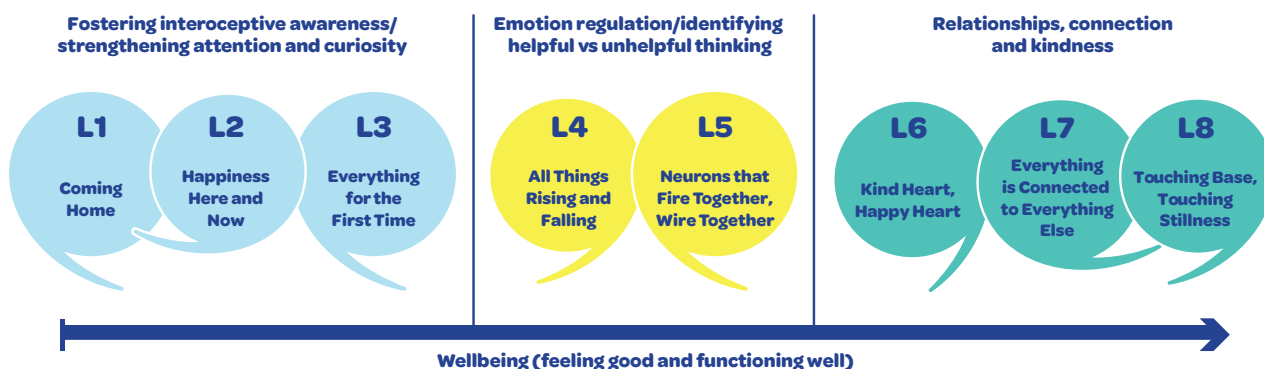
A uniquely New Zealand mind health programme designed to equip children aged 5 to 12 with tools to manage the ups and downs of life and set them up for a healthy future. Primarily delivered in schools, by educators, it is evidence-based and funded by Southern Cross.

Delivered under licence from

 **Mental Health Foundation**
mauri tū, mauri ora
OF NEW ZEALAND
www.mentalhealth.org.nz

pausebreathesmile.nz

The Pause Breathe Smile approach



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. Teachers can access many push and play activities and practices to bring mindfulness to life in their classrooms for the benefit of their children's kete hauora.

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. 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. With more than ten years of evidence behind the programme, you can trust Pause Breathe Smile to benefit your school community simply and directly.

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 bonus
teacher-focused
resources.

Educator wellbeing
Te Hauora o te Kaiaako



Resources
Ngā Rauemi tautoko

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

Ongoing Support and Research
Tautineī

Underpinned by
research and ongoing
evaluation of each school.

*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^{1,2,3}. Since then, further evaluations of the programme have been regularly conducted⁴.

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 impacts⁵ 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 self motivation**
- **Reduces apprehension, anxiety and pessimism**

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. (2023). Impact evaluation for the Pause Breathe Smile programme. Mindquip & New Zealand Institute of Resilience and Wellbeing.

"The increases in positive behaviours and decreases in negative behaviours are inspiring. These indicate our tamariki are learning to understand and regulate their emotions, truly embrace better ways to resolve problems and to set aside poor ways to deal with conflict."

**- Sir Ashley Bloomfield
Pause Breathe Smile
Mind Health Ambassador**



Contact coordinator@pausebreathesmile.nz to book!



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