

**Pause
Breathe
Smile**



Brought to schools
by Southern Cross

**100%
free**

**"I think
Pause Breathe Smile
is a really positive
addition to our school
culture and strategies
for managing and
regulating emotions
and behaviours
are evident."**

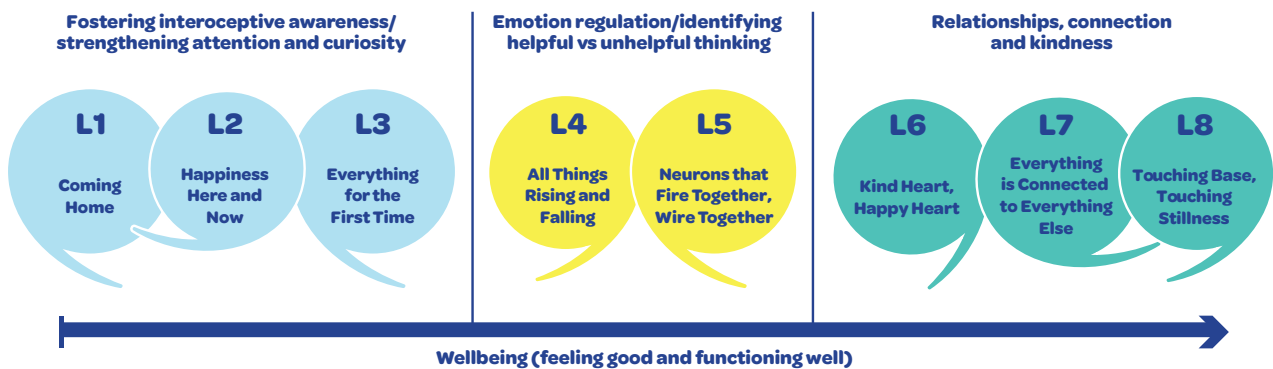
- Teacher

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

The Pause Breathe Smile approach



Your school can receive **free** Pause Breathe Smile training and unlimited access to resources to support teacher and tamariki wellbeing.

Pause Breathe Smile is a robust wellbeing programme. With more than a decade of evidence-based experience in improving wellbeing, Pause Breathe Smile is:

- **Now in 500+ schools** of all sizes nationwide, Northland to Southland and everywhere in between.
- Simple to implement, reaching 150,000 tamariki, taught in classrooms by 9,700 kaiako, and responsive to your school's existing hauora initiatives.
- **Completely free** for primary and intermediate schools throughout New Zealand, thanks to Southern Cross.
- Practical and easy-to-use, with **digital, audio, and video resources** and content in both English and te reo Māori designed for today's busy classrooms.
- **Grounded in Te Whare Tapa Whā**, Sir Mason Durie's model of hauora from a Māori perspective.



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*:
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!



pausebreathesmile.nz



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