

# Classroom Mini- Mindfulness



*Sample presentation*

When a flower  
doesn't bloom,  
you fix the  
**environment** in  
which it grows,  
**not the flower.**

Alexander Den Heijer



Spirit **Science**

## About Jess Lovibond:

I began my professional journey over twenty years ago in a wholly therapeutic residential setting working with children and young people who had suffered severe abuse. Here, I developed a fascination with Attachment Theory and learnt the importance of child-centred, trauma-informed practice which I took with me into frontline Child Protection Social Work. During my time with Social Services, I studied for my PGC in Applied Systemic Theory (Family Therapy) and began to develop my own unique style for successful holistic systemic intervention.

I'm now a Freelance Consultant, applying my knowledge, skills and experience to support schools to understand the benefits of therapeutic practice for children who present as “challenging” in the classroom or at home. To date, my maverick practice model has proved unquestionably successful for improving practice, quality of relationships (attachments), engagement and academic progress.

Given the events of 2020 and the concerns arising from Covid-19 restrictions on children's Mental Health, I have used my time in lockdown and my knowledge to develop this very simple, FREE and quick-to-implement Mindfulness Toolkit for schools. Schools play a vital role in supporting students to develop successful, useful strategies for self-regulation, emotional regulation, self-reflection and resilience building - skills that will last a lifetime. This toolkit will provide a sound foundation from which schools can creatively develop their own reflexive Mindfulness Culture.

The Toolkit comes in two short parts:

- 1) Guidance for adults - an introduction to Mindfulness and anxiety
- 2) Resources for use with the children, individually and in groups with brief how-to guides

The toolkit is self-explanatory and the first part should be easily delivered to a staff team in half an hour or so by anyone with a basic understanding of attachment and child-centred practice (I am available to facilitate the session for a small fee if required). Once delivered, the resources should be available for staff to use in their classrooms to build on and create their own mindful environment.

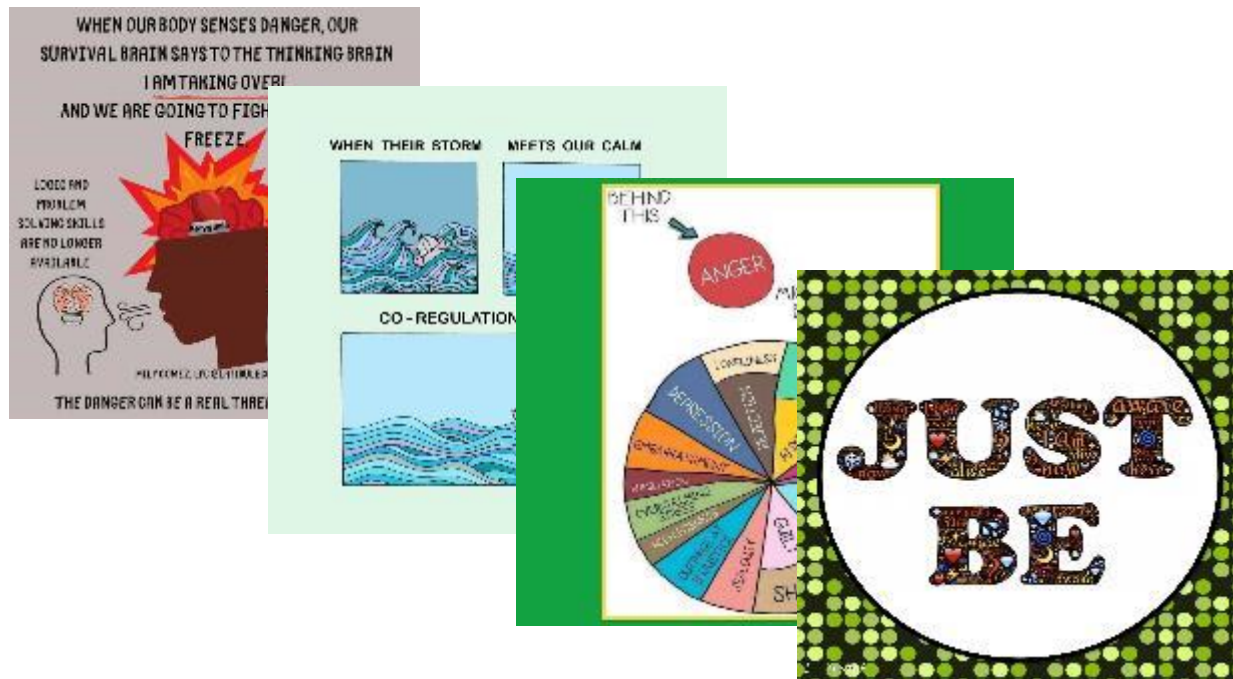
# Feedback from a recent pilot:

*“Using your finger breathing exercises really is fantastic. It calms my kids down so quickly. Been doing mindfulness-breathing and visualising our feelings every day. Kids now ask for it!!”* (EYFS Lead / Deputy Head)

*“We’ve been using the breathing exercises alongside calm music after lunch to help us calm and re-focus. We also do daily check-ins... and we’ve done a couple of circle times talking about what we’re good at / grateful for... They really enjoy those.”* (Y1 class teacher)

*“My son has come home talking about the breathing exercises he did in school - he loves them! Can you share them with me too so we can do them at home?”* (Parent, after two days of in-class mindfulness)

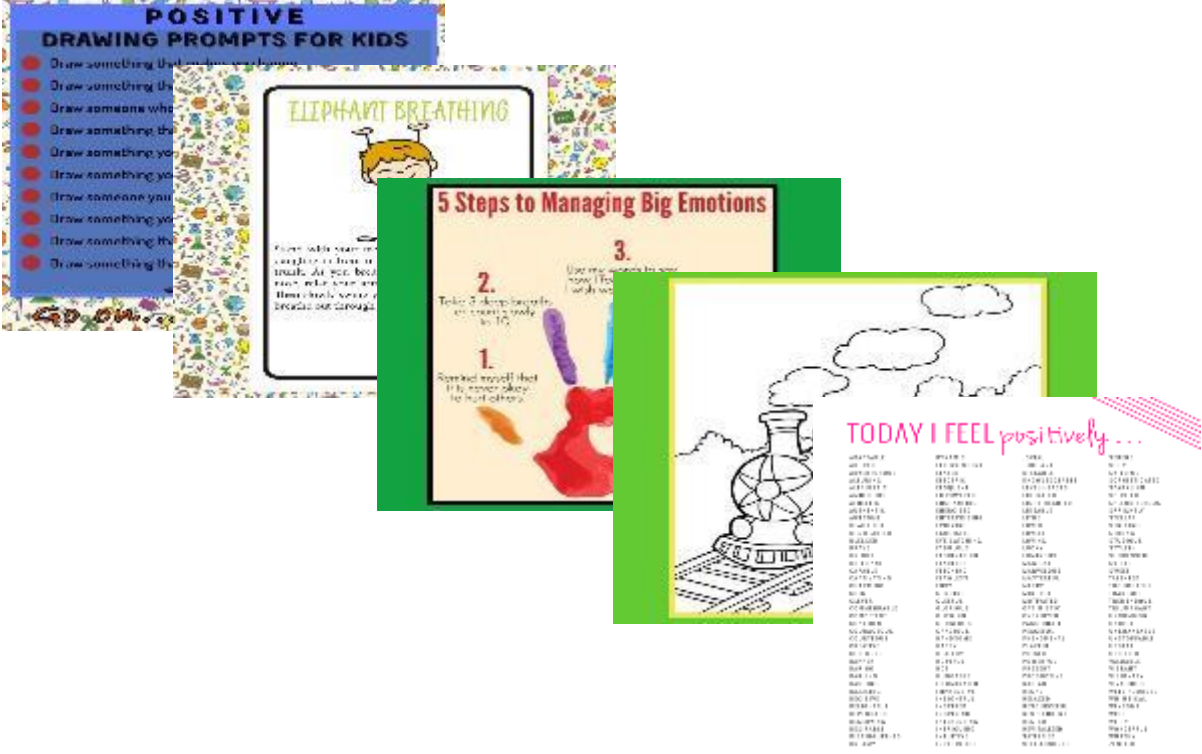
# An introduction to anxiety for adults



# Practice Guidance and How-To Guides



# Resources for individuals and groups



# Mindfulness Headlines

- ▶ Be curious about how the children feel before & after the activities - measure change
- ▶ Be present, calm and engaged in the process.
- ▶ Be connected.
- ▶ Be empathic - validate children's feelings and help them to name them.
- ▶ Be consistent. Make Mindfulness part of your daily classroom routine.



# Jess Lovibond Therapeutic Services

*Website: [jltsfamilyservices.org.uk](http://jltsfamilyservices.org.uk)*

*Email: [jess@jltsfamilyservices.org.uk](mailto:jess@jltsfamilyservices.org.uk)*

**Phone: 07957 298031**

## Trauma-Informed Systemic Practitioner

Consultation for schools

Therapeutic behaviour support

Parent support

Clinical Supervision / Practice guidance

Specialist in Autism

Specialist in Domestic Abuse

Specialist in Family Dynamics & Attachment



**LinkedIn:** [JLTS Family Services](#)



**Facebook:** [Jess Lovibond Therapeutic Services](#)