

Mindfulness & Wellbeing

- ***Help to improve mental health & wellbeing***
- ***Empower learners with life skills that enable them to achieve their best possible health***
- ***Help reduce the negative effects of stress***

| I can... | Emerging | Developing | Secure | Excelling |
|---|----------|------------|--------|-----------|
| Define mindfulness and wellbeing | | | | |
| understand the benefits of connecting with others | | | | |
| identify ways that I can connect with others | | | | |
| connect with others | | | | |
| understand the benefits of being active | | | | |
| identify ways that I can be active | | | | |
| describe how being active makes me feel | | | | |
| understand the benefits of learning | | | | |
| learn something new | | | | |
| help someone else to learn something new | | | | |
| understand the benefits of helping others | | | | |
| identify ways that I can help others | | | | |
| make a plan to help someone else | | | | |
| understand the benefits of being mindful | | | | |
| be able to practice mindfulness | | | | |
| make a plan to include mindfulness in each day | | | | |
| identify 5 things that I can do each day to help my wellbeing | | | | |
| be mindful and take notice of the things around me | | | | |