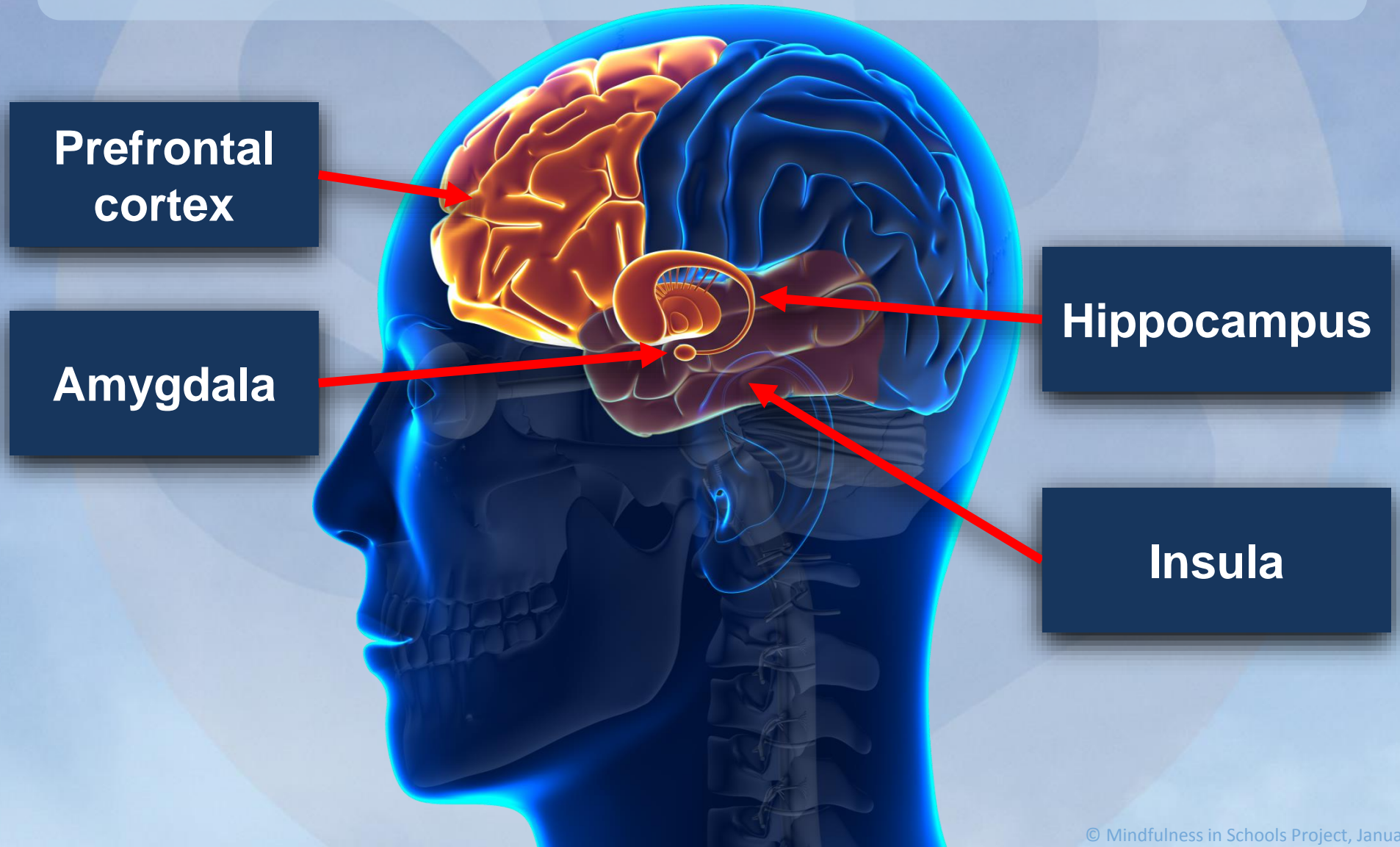


Team Brain!



**Prefrontal
cortex**

Amygdala

Hippocampus

Insula

paws



b

The Mindfulness Toolbox in Education

Self-esteem

Emotional Self-Regulation

Metacognition

Compassion

Coping with Stress

Sense of Wellbeing

Concentration



MINDFULNESS

Lesson One

Paws b Lesson One
Our Amazing Brain
Let's explore our amazing brain!

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Lesson Two

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Puppy Training
Learning to be in the present moment

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Lesson Three

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Finding a Steady Place
Grounding ourselves when we wobble

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Lesson Four

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Dealing With Difficulty
Managing your amygdala

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Lesson Five

Lesson Five
The Storytelling Mind
Recognising the power of thoughts

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Lesson Six

Lesson Six
Growing Happiness
Choosing To Nurture Ourselves and Others

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