



Session 2

2026



Smart
Teachers
Play
More

Smart
Teachers
Play
More



Introduction to meditation and mindfulness



Session overview



- Warm up!
- What is mindfulness and meditation?
- The benefits of mindfulness
- Short mindfulness practice
- Autopilot
- Mindful Circle



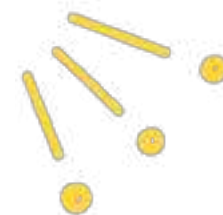


Clap and stamp





Is anyone practising
mindfulness or meditation?



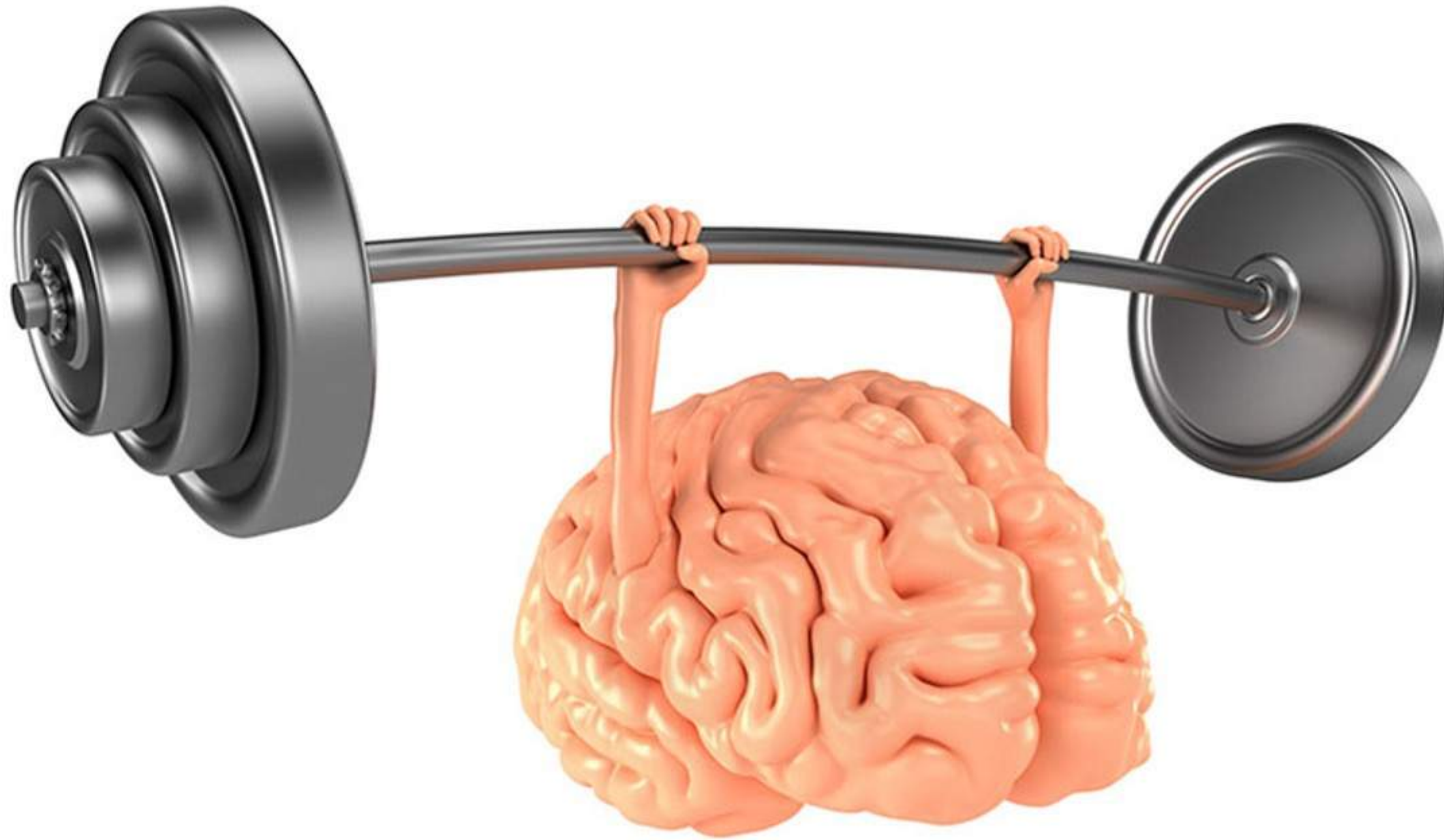
Smart
Teachers
Play
More



Exercise trains the body!



Smart
Teachers
Play
More



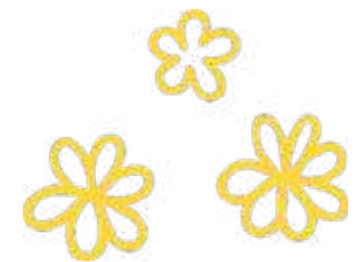
Meditation trains the brain!





We can also train our mind in different ways - what suits you?

- Mindfulness
- Body scans
- Transcendental Meditations
- Visualisation
- Praying
- Mantra meditations
- Nidra meditations

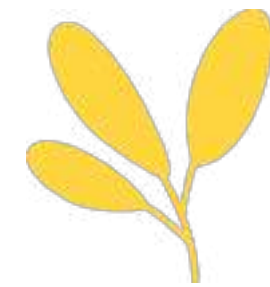


Smart
Teachers
Play
More

Formal



Informal



What is mindfulness?



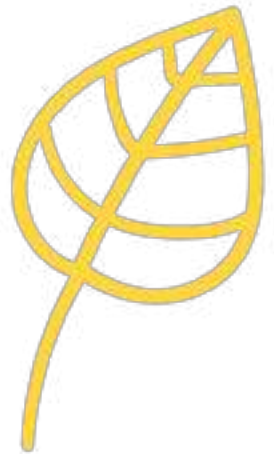
- Mindfulness can be described as the practice of paying attention in the present moment.
- Mindfulness is intentional and non-judgmental.
- Mindfulness can be formal and informal.
- Mindfulness is a technique to be aware what you already have; mind, consciousness and body.



Mindfulness is the tool of awareness!



- It's about pausing, switching off autopilot and building awareness of thoughts, emotions, urges and actions.
- It allows us to pause consciously so we can make different choices based on our values rather than being reactive.
- Respond mindfully instead of reacting.





Meditation as punctuation





The river analogy

As the river of constant thought flows, we are dragged by the current.

Mindfulness helps us to put our head above the water to see where we are, check where we are heading and adjust our direction.





The benefits Of Mindfulness:

- Find more peace within you.
- Feel better in your own skin.
- Feel better in your relationships.
- Improve your concentration.
- Increase your happiness!



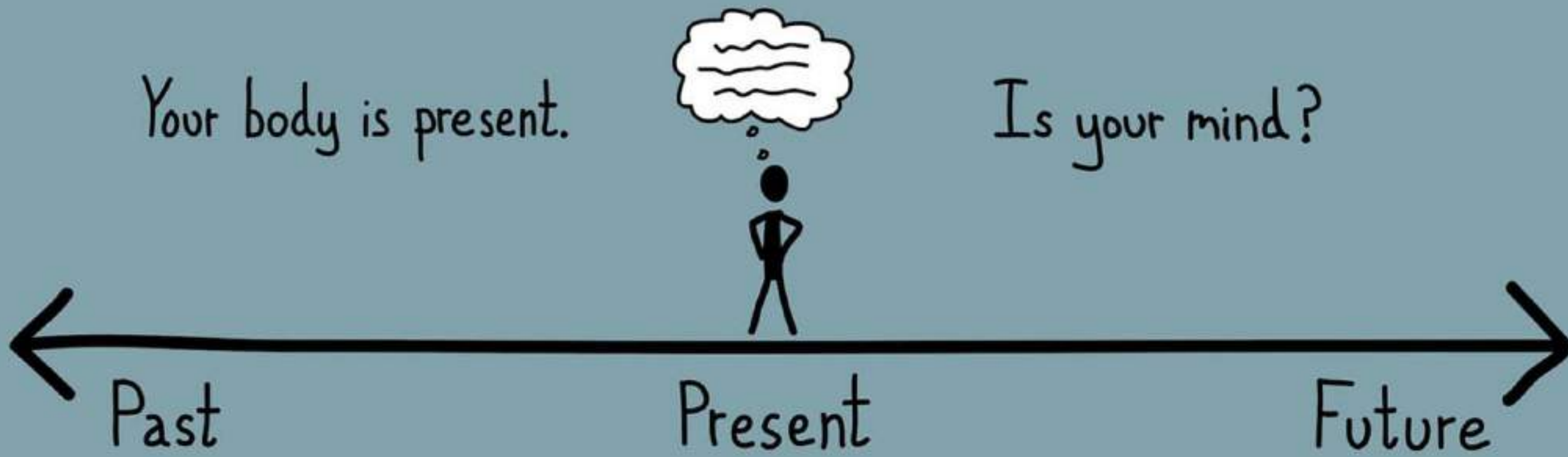
One thing at a time.



Smart
Teachers
Play
More



Mind Full, or Mindful?



DOUG NEILL



Where is my attention?

Smart
Teachers
play
More





1, 2, 3.....



Short mindfulness practice

- What do I feel? Without changing or judging.
- The breath - the anchor.
- “Come home” – to your body!
- Pay attention to what is happening, e.g. your breathing, your thoughts, your body.





AUTOPILOT – doing not

- Experience-based mental activity *being!* that allows us to do "complex" things without much effort.
- E.g. read, write, drive, walk.



Training mindfulness helps us to not be on autopilot!

- Listen to hear!
- Look to see!
- Touch to feel!



Autopilot - what do you do on autopilot?



Walk - Stop
Wiggle - Clap
Jump - Squat

Frequently Asked Questions



1. What kind of clothes should I wear?
2. How long should the meditation last?
3. How often do I need to do it and when is best?
4. Must there be complete silence around me?
5. Where can I find meditations?
6. Is it better to meditate in a group or alone?
7. What if I fall asleep during meditation?
8. What posture should I have?





Posture



To start with ...

- Find a well-guided meditation that you like.

Daily reflection

- What moments were meaningful today?
- What made me smile or laugh?
- Was there a quote I particularly liked?
- Which information or story do I take from the session?



Mindful circle

- Participants stand in a circle.
- Each one gets a card with instructions about a calming action to do for about 30 sec.
- When the teacher rings the bell, the card is passed on to next participant and everyone get a new card and action to do!



Smart
Teachers
Play
More