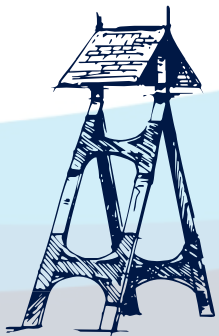
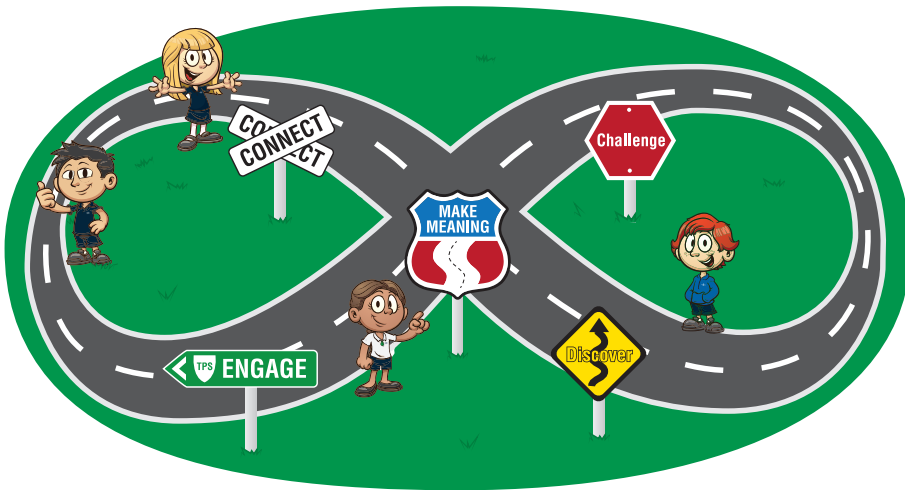


# Mindfulness at T.P.S.

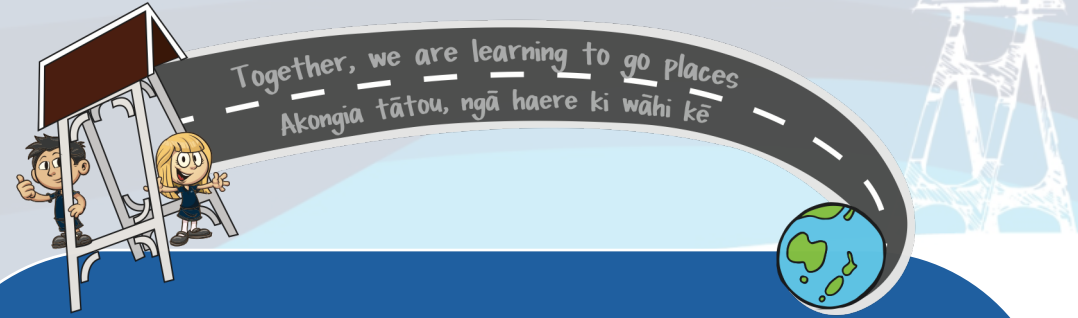
## What is Mindfulness?

Mindfulness is a wellness strategy. We use Mindfulness at T.P.S. to optimise our learning, promote kindness and curiosity, and as a tool to manage our emotional responses to our everyday challenges.

In Mindfulness we focus on our breath, the present moment, and ourselves. It is a practice that we use throughout the school, on a daily basis, and in a variety of situations.



**TAURANGA**  
**Primary School**



## Why is it important?

When we are calm and peaceful, information flows to the prefrontal cortex, where the brain's executive functions take place, leading to effective learning.

When we are feeling negative and stressed these functions are inhibited, and information stays in the amygdala, rather than flowing into the prefrontal cortex for executive processing. When this happens we have the response of flight, fight or freeze.

Practising **Mindfulness** strengthens the skills associated with being kind, curious and focused in the present moment. Repetitive practise of these skills strengthens and thickens neurons; establishing good choice pathways.

Mindfulness gives us a common tool, with a shared vocabulary, such as "use your Mindfulness First Aid Kit" that can be used across the school, when the need arises.

## How do we use Mindfulness?

We use Mindfulness on a daily basis, at the start of lessons, or after breaks to calm and refocus. The students (and teachers) can use Mindfulness independently and whenever they feel it will benefit the learning environment. Being in the Pit can often require Mindful moments.

For Māori, Mindfulness practices for healing and wellbeing enhance the connection to Te Ao Wairua (the spiritual world) and Te Ao Turoa (the natural world). We use the Te Whare Tapa Whā model to explain this.