

MINDFULNESS – A KEY TO WELLBEING

Mayville Primary School believes that all children should have a well-rounded education, making good use of Mindfulness is a modern life skill where children learn how to live in the 'now' and to be aware of the present moment. This enables students to notice their thoughts and emotions, and identify a difference between impulses and actions.

Practicing Mindfulness encourages more careful decision-making. Young people can learn to empathise more, learn from each other, discover how to make the most of relationships and understand how to balance 'doing' and 'being'.



