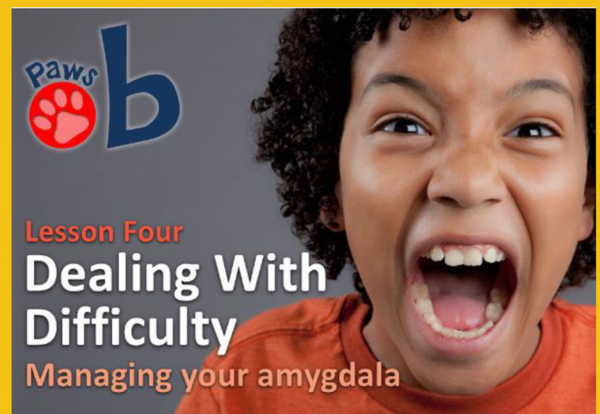


Lesson 4 – Dealing with Difficulty

- Explore the idea of reactivity – what it looks and feels like.
- Learn how to nurture attitudes of curiosity, kindness, acceptance and openness to experiences.
- Understand the importance of taking responsibility for keeping the mind and body safe and healthy through noticing choice points, and choosing to respond where appropriate.
- Learn about the amygdala and its role in ‘fight, flight or freeze’.



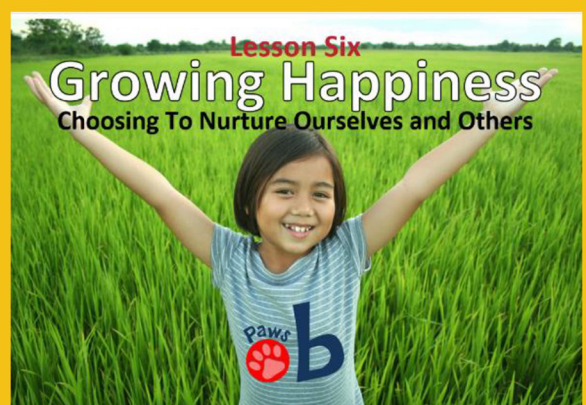
Lesson 5 – The Storytelling Mind

- Discuss what a thought is, and learn to recognise them as they arise.
- Learn about how thoughts can be connected to body, emotions and urges/actions.
- Notice some of the habits of our mind – e.g. ways the mind tries to fix difficulties by over-thinking.
- Explore ways to steady and be present moment focused when the mind is busy/scary.



Lesson 6 – Growing Happiness

- Discuss how we can best nurture ourselves and others.
- Explore specific ways to savour happiness.
- Understand how we can sometimes create space and choices around happiness.
- Learn about how happiness, kindness and gratitude are connected.



For more information:

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PAWS B LESSON PLAN OVERVIEW

Paws b is aimed at primary school children aged 7-11 and consists of six one hour lessons. It is delivered in primary schools throughout Northern Ireland by AWARE.

Lesson 1 – Our Amazing Brain

- Learn about the prefrontal cortex, and how it works together with other parts of the brain.
- Explore how we can train our minds to be more efficient; begin this training through practices focusing on the breath.
- Recognise the choices we make each day and the impact these have on our lives



Lesson 2 – Puppy Training

- Explore how the attention can move around, narrow down or broaden out in focus.
- Learn about how the attention is also like a puppy, but can be trained with an attitude of kindness, patience and repetition.
- Experience the difference between 'mindful' and 'mindless' and how these qualities can inform activities in our daily lives, such as eating and moving.
- Learn about the role of the hippocampus and how it links new experiences to old ones.



Lesson 3 – Finding a Steady Place

- Recognise that we all 'wobble', and explore ways to steady ourselves.
- Explore practices that steady our attention in the lower half of the body – wobble and FOFBOC practices.
- Learn about the Insula's role in recognising different body states in ourselves and others and how they relate to mood.



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