



## 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



### Lesson 4 – Dealing with Difficulty

- explore the idea of reactivity – what 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