

Wednesday 19th May 2021

# Schools Sit Together

**A morning to focus on mindfulness and reflective practice**





**WE ARE  
BEING MINDFUL  
for #SchoolsSitTogether  
Please come in and join us, or  
RESPECT THE SILENCE  
and walk quietly past.**



This morning is to show the importance of mindfulness and self-reflection. Schools Sit Together is aimed to reach as many people as possible and remind us that **everybody needs time and space.**

Today is to help students with their mental health and to raise awareness of the importance of taking **5 minutes** to relax after the day. This can be done by sitting in silence or by playing an audio clip to listen to. Supporting our wellbeing is so important and is something that can take a couple of minutes each day.

**We need to be mindful and reflective to:**

- Reflect on how well you are coping in a world that is changing a lot
  - Have a break from social media and being online
  - Be thankful for all of the things that are going well in our lives
    - Pause from the world and have no distractions
- Process the day and consider the good and bad things in your world
  - To appreciate the people in your life



Sit and listen to this audio clip.  
Sit in silence and listen to what is being said.  
If you feel more comfortable then you can close your eyes.

PLAY ME



After listening to the recording, think about these questions:

1. What did you enjoy about this?
2. What can you take into your every day life?
3. Is there anybody in your life that you can talk to about mindfulness?
4. Do you have any suggestions on how the school can promote mindfulness more?
5. Lastly, why do **you** think mindfulness is important?





**Mindfulness  
in Schools Project  
certifies that**

(NAME)

**completed the  
#SchoolsSitTogether  
on**

(NUMBER OF SECONDS)

**by sitting for**

(NUMBER OF SECONDS)

*Richard Burnett*

Richard Burnett, Chair of Trustees

This certificate is awarded for all students who have participated in Schools Sit Together. This is an award to show that the student has shown mindfulness, reflect and self-control.