



The Kindness Curriculum



MINDFULNESS MEDITATION

Mindfulness is the quality of being present and fully engaged with whatever is happening in the moment and meditation is the training ground for learning mindfulness. Mindfulness meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life. Being fully present, taking a breath, and not beholden to reactive suggestions and feelings requires careful attention to thoughts, feelings, and environment. These activities can be conducted daily, in order to build attention, calmness and perspective. Mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness.

Mindfulness can be practised anytime, anywhere, and with anyone by showing up and being fully engaged in the here and now. Meditation is usually practised for a specific amount of time. At each developmental stage mindfulness can be a useful tool for helping children and students to experience personal alertness. For the purpose of the [Kindness Curriculum](#) we use the term 'mindfulness meditation'. This is because mindfulness meditation practice is one way to experience the current moment and integrate that awareness into everyday life. As children get older and more experienced, they can manage their own mindfulness moments.



Log your act of kindness at the [Kindness Factory](#).
Visit the [Kindness Curriculum](#) and make the world a kinder place.