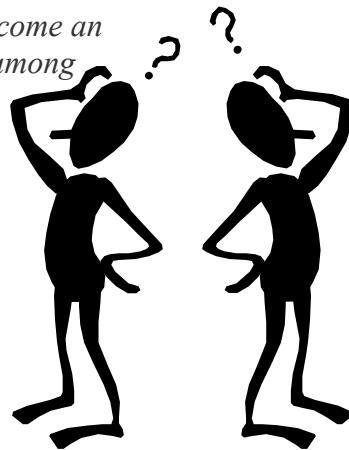




“Bullying in schools has become an issue of major importance among educators.”

Addressing Bullying in Schools: Theory and Practice Ken Rigby. 2003. <http://aic.gov.au/>

Accessed February, 2007



“HEFTY homework schedules are contributing to extreme stress among senior school students who have been found with worrying levels of anxiety and depression ...”

Article: School exam stress extreme by Hannah Edwards, SMH April 16, 2006

Pathways to the Solution

Offering our kids

- ⊗ coping skills, self esteem and confidence
- ⊗ happiness and understanding of themselves
- ⊗ ways to recognise and balance stress
- ⊗ time out to breathe and enjoy being young

Enabling us all to:

- ⊗ feel safe
- ⊗ try new things
- ⊗ make new friends
- ⊗ decrease fear of failure
- ⊗ know to ask for help when it is needed
- ⊗ recognise and deal with problems as they arise



Introducing relaxation techniques and life skills can reinforce and help encourage a balance to an increasingly busy and competitive lifestyle through all stages of life.

A Guide to Health

Nutrition ⊗ Meditation ⊗ Relaxation ⊗ Education

Nutrition consultations and lectures, Meditation courses and weekly groups, Stress management and support sessions

Bookings and General Inquiries: (02) 9525 4874 / 0412 725 895

Correspondence: PO Box 533, Gympie NSW 2227 Web: www.guidetohealth.com.au Email: nurturing@guidetohealth.com.au

ABN 45 066 735 948: Affordable Computer Expertise Pty Ltd (trading as)



ATMS Member (Nutrition)

An Introduction to Relaxation/Meditation Program for Teachers and Students

Our children are growing and learning about the world, constantly learning about themselves, developing their beliefs and their own experiences that make up the adult that they will become.

As technology continues at its progressively fast pace, there is further pressure is perceived to achieve more, to become more employable, to be more competitive, etc.

A Guide to Health's Relaxation/Meditation Programs teach relaxation and coping disciplines from a variety of sources – being different techniques drawing on references and resources that are conventional and/or indigenous teachings. A Guide to Health is not affiliated with any faith or religious group. The variety of techniques used bring together the many rich cultures of our society and can help to increase understanding and acceptance of themselves and others.

The program can be altered to cater specifically towards the age and stage of participants. Other topics can be highlighted and incorporated into the sessions.

For teachers, this program can help to find and keep the balance of “Rest & Digest” with “Fight & Flight”.

This program can help us to help others – for when we are in a state of calm and confidence, it naturally passes on to those around us.

The course can be designed as an

- Introduction to Relaxation/Meditation for participants OR
- Introduction to Teaching Students to Relax/Meditate.

Program Details

Duration

You have a choice of the duration of the program from 4 to 8 weeks/sessions.

Cost

For School Students: the program is from \$12.00 per participant which includes a workbook and materials with a minimum of 20 students.

For Teachers: the cost of the program is \$126.00 per participant which includes comprehensive course notes and materials with a minimum of 5 participants. Duration of Teachers' course is 1½ to 2 hours per session.

Venue Requirements

All that is required by your organisation is a temperature-controlled room (preferably carpeted) with seating available and access/equipment for any special needs participants. For schools students – teachers are required to be present. Parents are also welcome to view or participate in sessions.

Session Details

Each session can be 40 to 90 minutes long (timing is flexible – depending on available time). Each session begins with a discussion on the topic, followed by the practice, completing the session with time for reflection of the experience.

Participants' Requirements

Participants are required to take shoes off, sit on the floor or on chairs with the facilitator preferably in a circle (depending on space). Participants can bring water bottle, socks, shawl or wrap and mat/cushions for comfort.

Flexible Week-by-Week Outline

More information on individual session objectives and material is available on request.

First Week – Introduction

Discussion: What to expect over the program duration, What is Relaxation

Learning Outcome: Understanding and experiencing different states of consciousness

Practice: Guided Relaxations

With a choice of the following sessions:

○ Remember to breathe

Discussion: A look at how and why we breathe

Learning Outcome: Understanding & experiencing how the breath can be used to for calm & control

Practice: Breathing techniques

○ Stress

Discussion: What is Stress – How does the body react to stress – What we can do about it

Learning Outcome: Understand how to balance stress and its effects

Practice: Methods to help recognize and cope with persistent & difficult thoughts & emotions

○ Self Esteem and Affirmations

Discussion: What is Self Esteem – discussion on intention and choice

Learning Outcome: Understanding the importance and power of the self through awareness and choices

Practice: Loving Kindness meditation – creating affirmations for self-esteem

○ Creativity in Meditation

Discussion: learn about creativity in the moment without thought and planning

Learning Outcome: Experiencing the release of creative blocks and opening creativity without thought and judgement

Practice: Create Mandalas

○ Meditation in tasks

Discussion: Intention and the story of Sadako and the Thousand Peace Cranes

Learning Outcome: Understanding the power of intent and how to work with it

Practice: creating origami peace cranes with intention

○ Disciplining the Mind for Clarity and Focus

Discussion: Focus – disciplining the mind for focus and clarity

Learning Outcome: Understanding the mind and learning to balance (quieten) mind chatter

Practise: The discipline of Noble Silence and the Mindfulness practise of sitting and walking meditations.

○ Working with the Senses: Sound

Discussion: How is sound created and what does sound do to the mind & body?

Practice: Using our voices and feeling the vibration in the body

○ Working with the Senses: Touch - Vibration & movement

An extension of Vibration and the Voice – this time the source is external sound and vibration.

○ Working with the Senses: Sight - Open eye meditations

Discussion: Learn how your own eyes work to focus.

Practise: Open eye techniques using colour and light stimulus.

○ Working with the Senses: Taste – eating mindfully

Discussion: What is taste and what happens when you eat (discussion on the importance of digestion)

Practise: Eating mindfully

○ Teacher Specific Session: Co-meditation –create a safe space for the group

Discussion: Co-meditation and it's benefits – empathy vs sympathy – not “fixing”

Practise: Co-meditation

About the Facilitator – Tania Smith

My daughter was 10 when she started coming home from school telling me the frustrating stories of her friends. Their moods were up and down - irritated by siblings, peers and parents. They did not understand why one minute they were so angry and frustrated then happy and energetic the next.

I wondered what I could do to help make a difference. I drew on my experience and qualifications and put together an 8 week Introduction to Meditation course. I submitted a proposal to the Principal and it was immediately accepted. Within 2 weeks I was sitting in front of up to 60 children supported by their 2 class teachers talking about meditation and its benefits.



Two years of running these sessions to Years 5 & 6 have proved to be successful with evaluations from teachers, parents and students all positive and encouraging of the program. The children have benefited from the simple messages of self-esteem, respect and awareness of how we look at the world.

My goal for 2007 is to bring this program to schools in the Shire and to train others to teach this program so that this simple message of love and kindness can be remembered.

My qualifications include a Diploma in Nutrition, a Meditation Facilitator's Certificate and Certificate IV in Workplace Assessment and Training. These qualifications give you a facilitator with varied and complimentary skills to help guide and support through these sessions and support you physically, mentally and emotionally.

My experience with meditation began around 15 years ago through yoga classes. I have since both participated and facilitated in various meditation groups and assisted in retreats, as well as completed college courses along with my own personal experience.

Program timeline to date

- from May, 2005** **St George & Sutherland Community College:** Writing and facilitating an Introduction to Meditation course for Adults. This course began in May 2005 and has run at least 1 course each term with the college since term 3, 2005
- Term 2, 2005** **Grays Point Public School:** Year 5 students - 8 week Introduction program
- Term 3, 2006** **Grays Point Public School:** Year 6 students - 8 week Introduction program
- Term 2, 2005** **Grays Point Public School:** Year 5 students - 8 week Introduction program
- Term 3, 2006** **Grays Point Public School:** Year 6 students - 8 week Second Year program
- June, 2005** Community lecture: Menopause at **Hazelhurst – Gymea**
- March, 2006** Nutrition for Women at **Caringbah Women's Health Centre**
- May, 2006** Caring for the Carer for the teachers of **Blaxcell Street Primary School – Granville**
- September, 2006** Healthy Body/Healthy Mind for parents and students at **Grays Point Public School**
- Term 1, 2007** **Kirrawee High School:** Relaxation Techniques – a 4 week Introduction program to Year 7

As a contrast to teaching Relaxation Techniques, I have a private Nutrition Consultation practise in Cronulla and also teach First Aid for Reviva First Aid Training.

For more information, contact:

A Guide to Health

Nutrition ☉ Meditation ☉ Relaxation ☉ Education

Bookings and General Inquiries: (02) 9525 4874 / 0412 725 895

Correspondence: PO Box 533, Gymea NSW 2227 Web: www.guidetohealth.com.au