



# Paws b

## Mindfulness for 7-11 year-olds

### What is Paws b?

Paws b [pause & be] is a leading mindfulness programme for children aged 7-11 in schools.

It is taught with striking visuals, film clips and activities that bring mindfulness to life without losing the expertise and integrity of classic mindfulness teaching.

The course consists of six one-hour sessions delivered in school by qualified AWARE trainers.

### What are the aims of Paws b?

Paws b aims to give pupils mindfulness as a life skill. They can use it to:

- feel happier, calmer and more fulfilled
- get on better with others
- help them concentrate
- help them cope with stress and anxiety
- support performance such as music and sport

Evidence-based research from the **Mindfulness in Schools Project (MiSP)** confirms the positive effects of mindfulness practice when suitably applied to children.

**Paws b positively improves children's moods and concentration levels.**

### Interested?

To find out more, scan the QR code below or email [training@aware-ni.org](mailto:training@aware-ni.org)



'Paws b' is part of the Mindfulness in Schools Project



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