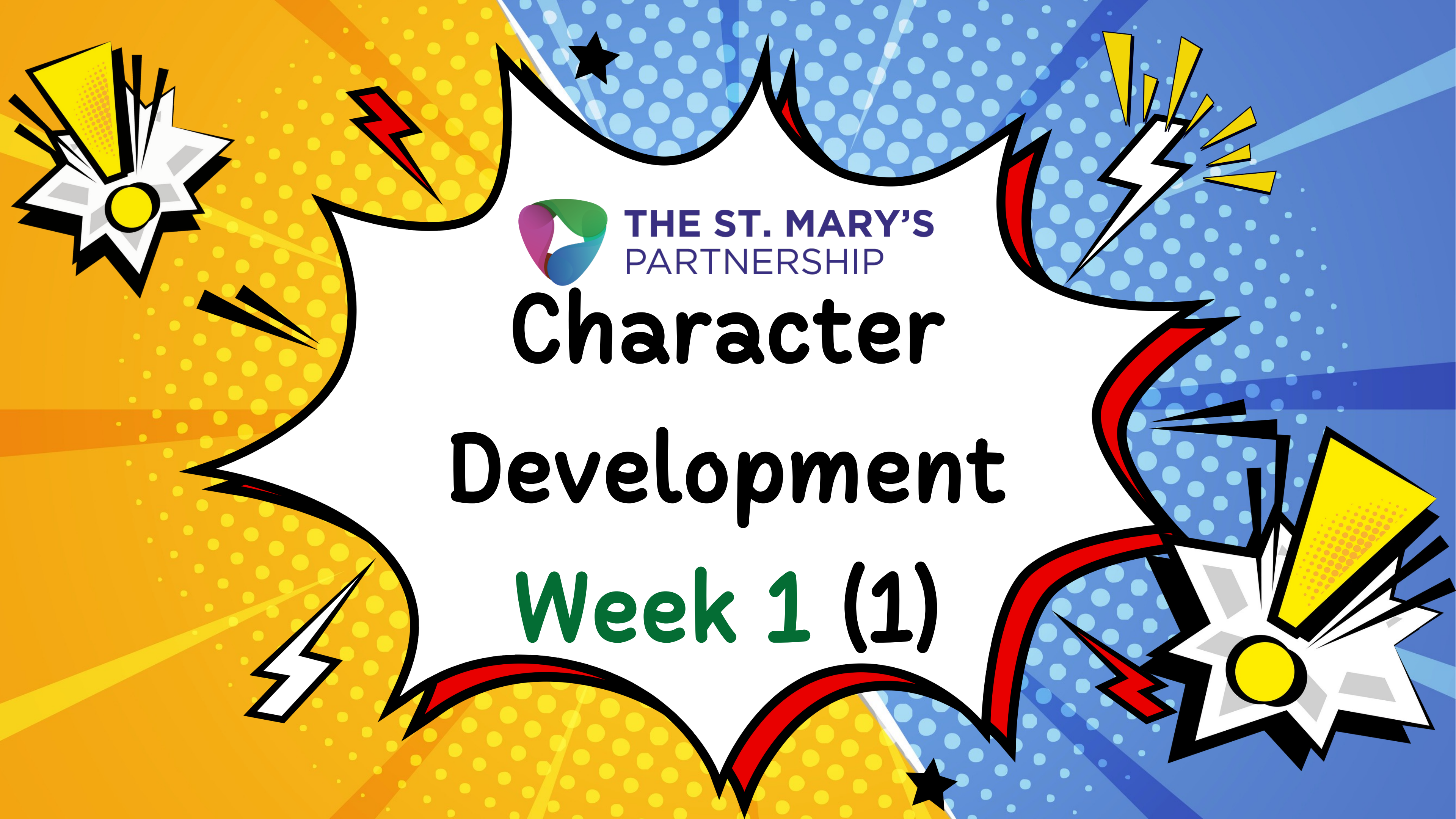




THE ST. MARY'S
PARTNERSHIP

Character Development

Week 1 (1)

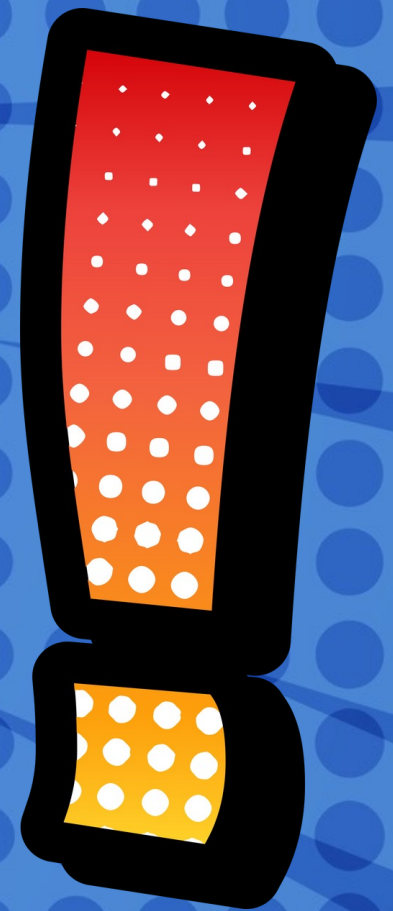


MINDFUL MOHAMMAD



He says:

- BELIEVE IN YOURSELF
- BE KIND TO YOURSELF
- ALLOW YOURSELF SPACE
TO THINK



DAY 1

Meet Mohammad

**MINDFUL
MOHAMMAD**



What does it
mean to be
mindful?



**MINDFUL
MOHAMMAD**



SELF-BELIEF

A mantra for life

Thinking about the importance of self-belief.
If I think I can, I will be able to ...

Tell the person next to you **ONE** thing you
believe about yourself.

For example:
"I believe that I am a loyal person. I always look out for
people I consider to be a good friend"

SELF-BELIEF

INSPIRATIONAL PEOPLE WHO HELD SELF BELIEF

MOTHER TERESA
1910 - 1997



Mother Teresa believed strongly in her faith - she was a Christian. Through her life she lived selflessly, dedicating her time and efforts to serving others - especially those in need (either through war or poverty) She won a Nobel Peace Prize in 1979. She was venerated a saint.

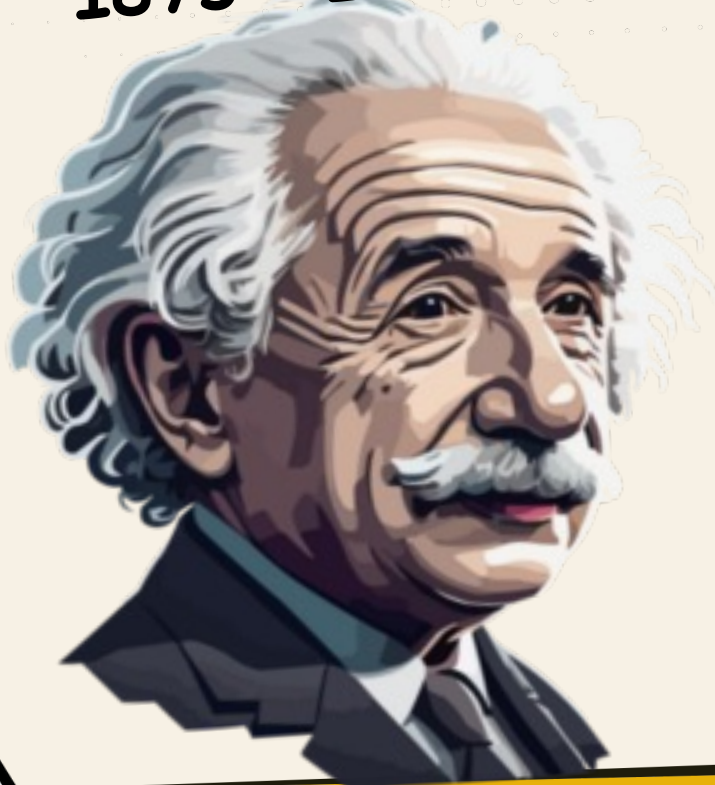
MINDFUL
MOHAMMAD



SELF-BELIEF

INSPIRATIONAL PEOPLE WHO HELD SELF BELIEF

ALBERT EINSTEIN
1879 - 1955



Albert Einstein was a physicist (a scientist). His mind developed and delivered the theory of relativity. His personal self-belief, that he would discover something important, led to him make ground-breaking scientific discoveries that shape our learning today. He persisted in self-belief.

**MINDFUL
MOHAMMAD**

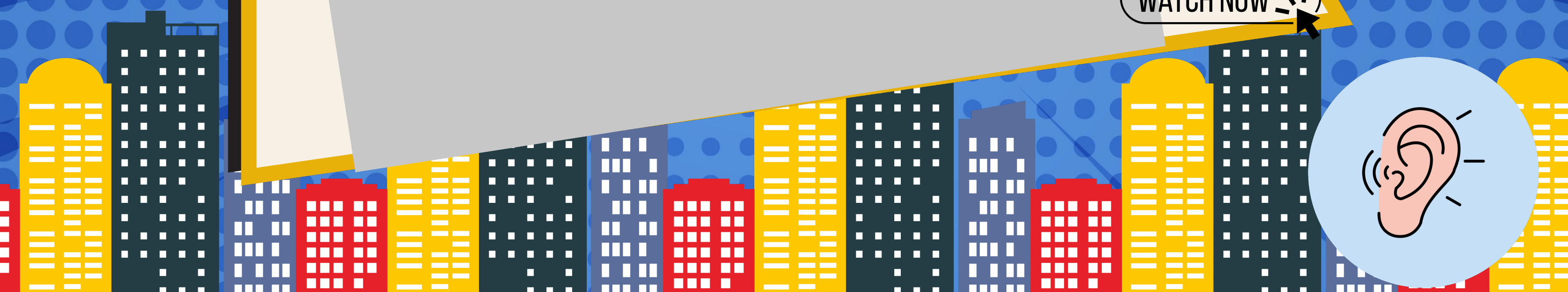


**MINDFUL
MOHAMMAD**

GUIDED MINDFULNESS



WATCH NOW



**MINDFUL
MOHAMMAD**

HOME CLASS MINDFUL WALL

Posting something positive about
yourself on the mindful wall.

I am a strong,
confident
person...





THE ST. MARY'S
PARTNERSHIP

Character Development

Week 1 (2)

MINDFUL MOHAMMAD



REMINDER

He says:

- BELIEVE IN YOURSELF
- BE KIND TO YOURSELF
- ALLOW YOURSELF SPACE TO THINK



**MINDFUL
MOHAMMAD**

DAY 2

Positive self-talk and affirmations

How we speak to ourselves shapes our confidence. How do you speak to yourself?



**MINDFUL
MOHAMMAD**



NEGATIVE VS POSITIVE TALK

I'm not very clever.
I don't think I am going to
do well in life.
I don't have any friends.
Nobody likes me.

I am getting better in my
learning.
I will have a nice life.
I am starting to make good
friend and I am liked.

WHICH IS MORE YOU?

POSITIVE SELF TALK

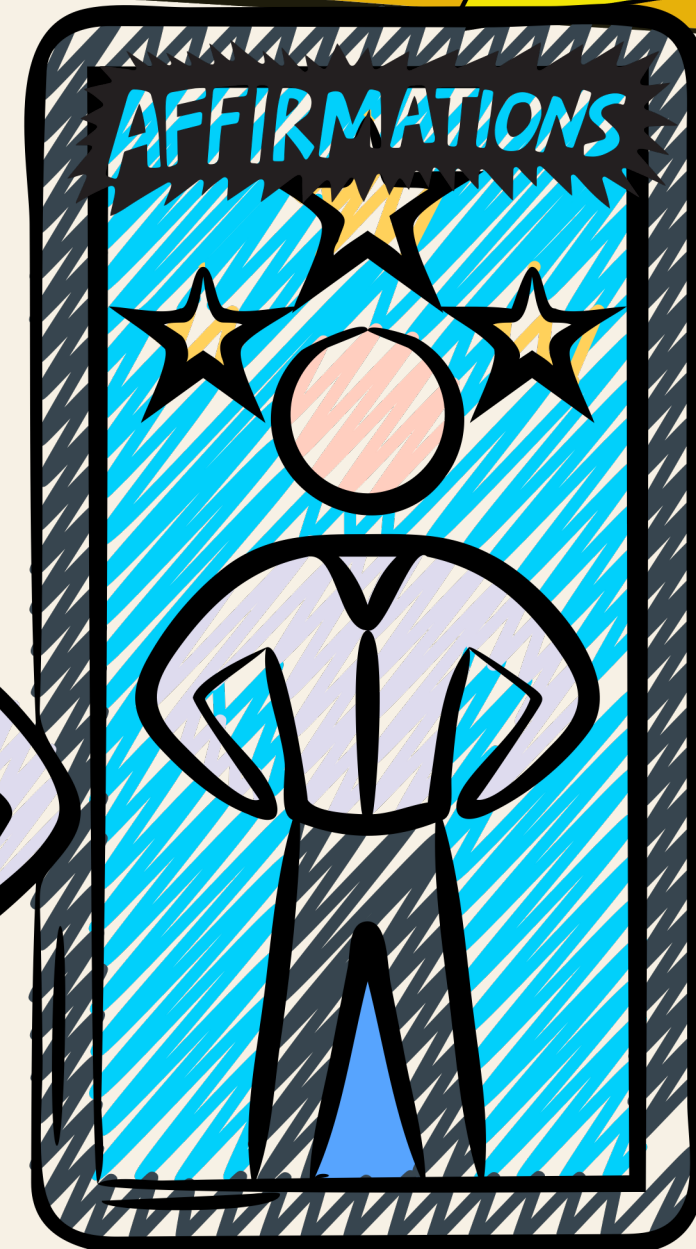
YOU ARE GOING TO NEED A MIRROR FOR THIS ACTIVITY TODAY - USE THE MATHS ONES?

✦ I am
STRONG

I am
CAPABLE

✦ I am
BRAVE

Be
The Best
Version
of you



MINDFUL
MOHAMMAD



POSITIVE SELF TALK

CREATING SELF-BELIEF POSTERS



Create a self-belief poster.

Design and make a poster to help reaffirm (remind you) of your self-belief.

Where could you place this poster?

DONT
QUIT



...TODAY IS A...
GOOD
DAY
to live you life
DREAMS

DESIGNED BY BIG LIFE JOURNAL - BIGLIFE

MINDFUL
MOHAMMAD



**MINDFUL
MOHAMMAD**

GUIDED MINDFULNESS

WATCH NOW



**MINDFUL
MOHAMMAD**



CLASS DISCUSSION

Share one affirmation to the class that you will use if things get tough this week

How did it feel to say positive things about yourself?





THE ST. MARY'S
PARTNERSHIP

Character Development

Week 1 (3)

MINDFUL MOHAMMAD



REMINDER

He says:

- BELIEVE IN YOURSELF
- BE KIND TO YOURSELF
- ALLOW YOURSELF SPACE TO THINK



**MINDFUL
MOHAMMAD**

DAY 3

How does kindness affect us?

▶ WATCH NOW

WHAT DID THIS VIDEO

MAKE YOU THINK?

MINDFUL
MOHAMMAD

How did the video
make you feel?

Is it EASY to be
kind?



ACT OF KINDNESS

YOU ARE GOING TO CREATE A CARD TO GIVE SOMEBODY ELSE
THAT HELPS THEM WHEN THEY NEED KINDNESS

Each child will make
a kindness card - it
could be a 'help a
friend' or write a
'thank you note'



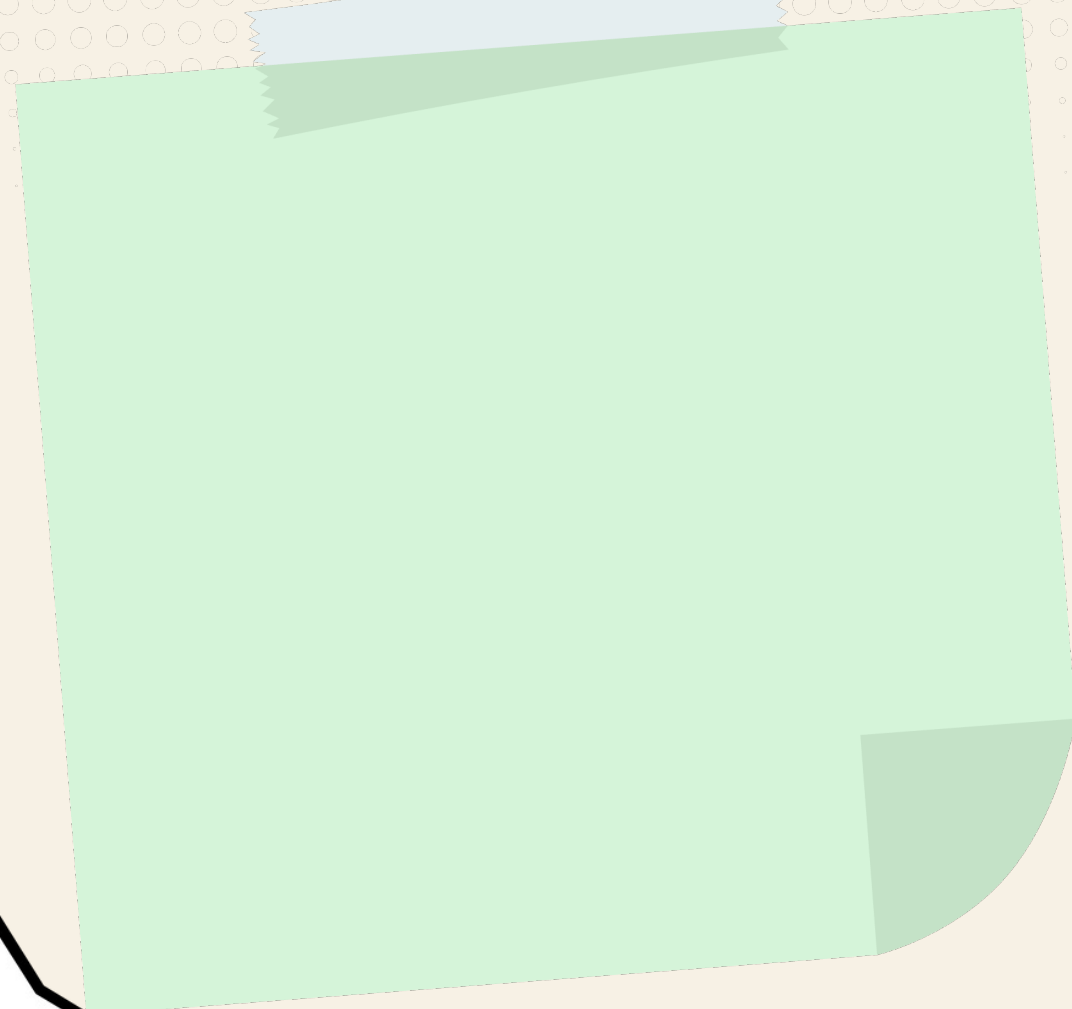
Make a
kindness
card

#BeKind



REFLECTIONS

HOW DID IT FEEL TO BE KIND?



On a post-it:

- How does it feel to make a card that might help someone feel good about themselves?
- Who are you planning to give the card you have made to?
- How might it help that person?

MINDFUL
MOHAMMAD





THE ST. MARY'S
PARTNERSHIP

Character Development

Week 1 (4)

MINDFUL MOHAMMAD



REMINDER

He says:

- BELIEVE IN YOURSELF
- BE KIND TO YOURSELF
- ALLOW YOURSELF SPACE TO THINK



MINDFUL MOHAMMAD

DAY 4

Practicing mindfulness and reflection

Mindful music

Mindfulness helps our thoughts to slow down and to support us in feeling calm.

Space to think

Reflection

Quiet time



**MINDFUL
MOHAMMAD**

GUIDED MINDFULNESS



WATCH

NOW



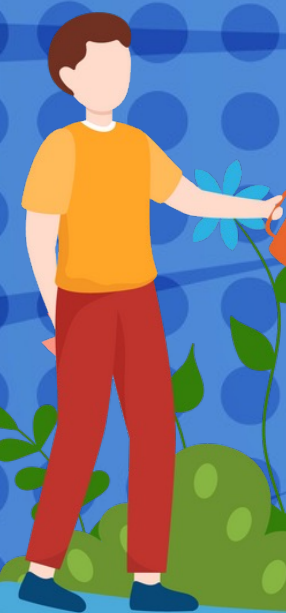
**MINDFUL
MOHAMMAD**



WE ARE GOING ON A GUIDED WALK

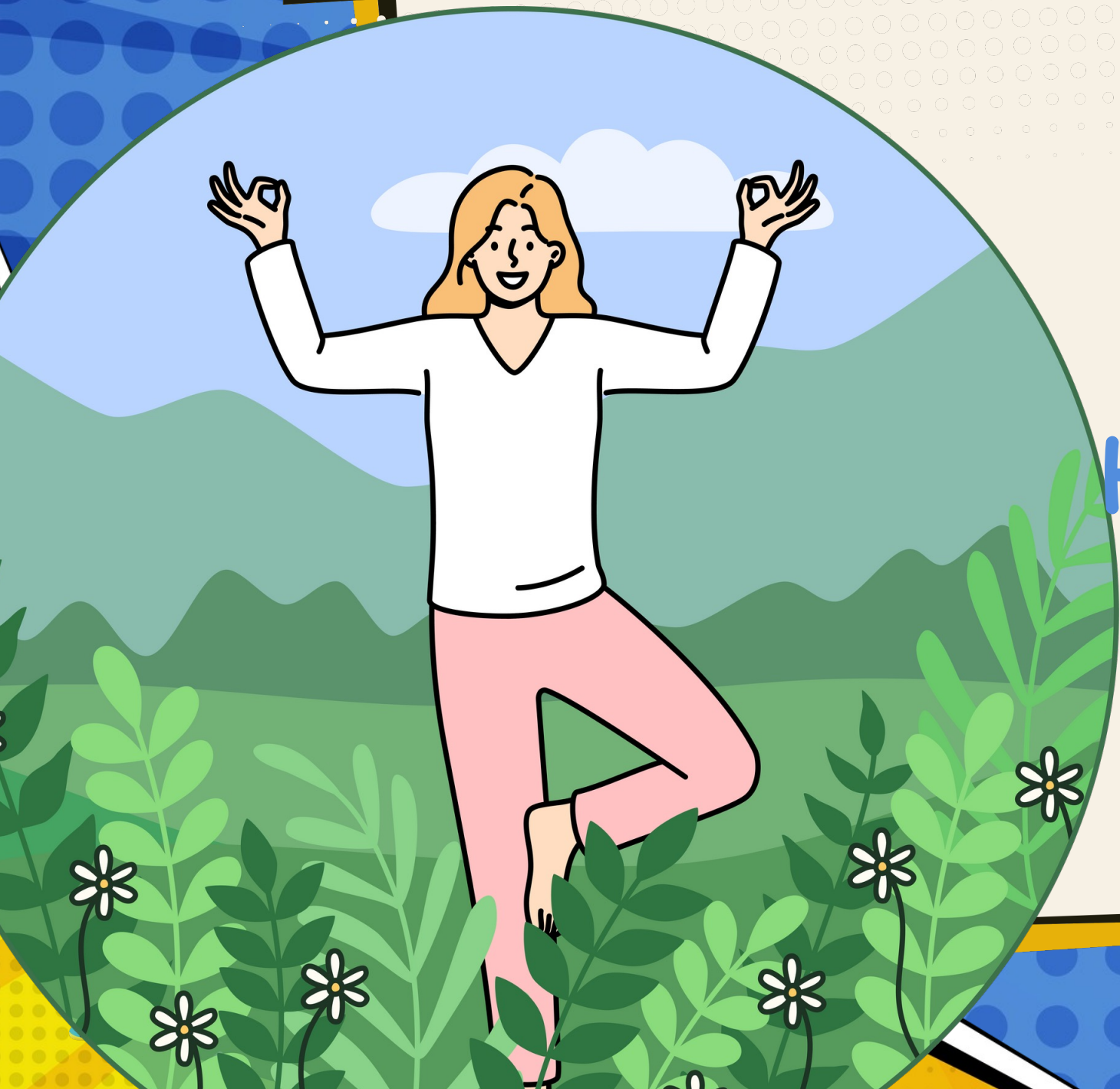
POSITIVE
mind

We are going out into our school's outdoor environment. I want you to focus on things you **HEAR, SEE, FEEL**. Zone out and into nature!



MINDFULNESS

TIME FOR REFLECTION



HOW DID BEING OUTSIDE
MAKE YOU FEEL?

WHAT PART OF THE ACTIVITY
HELPED TO CALM YOUR MIND?

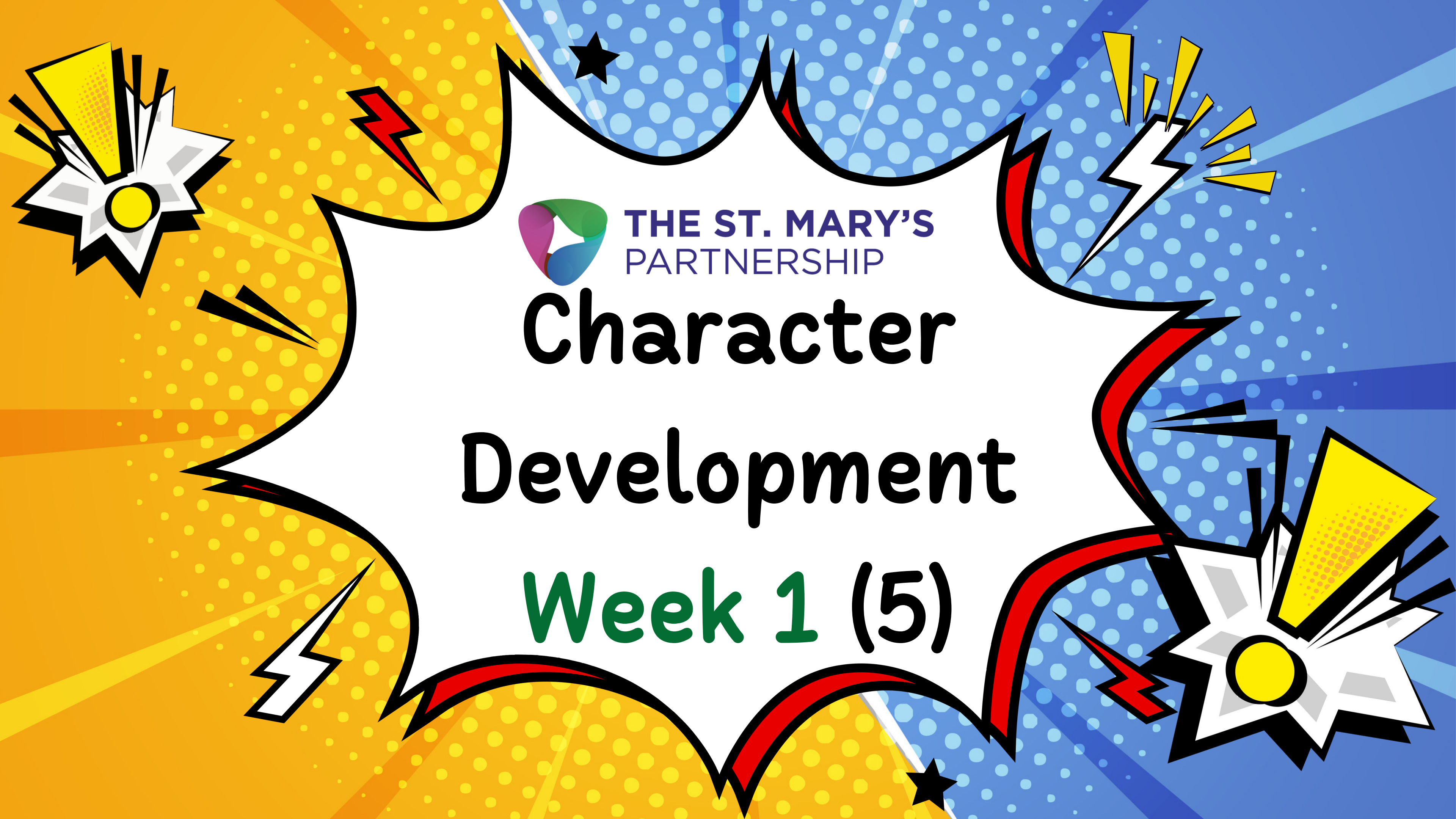
WHAT COULD YOU DO TO HELP
YOU OUTSIDE OF SCHOOL?



THE ST. MARY'S
PARTNERSHIP

Character Development

Week 1 (5)



MINDFUL MOHAMMAD



REMINDER

He says:

- BELIEVE IN YOURSELF
- BE KIND TO YOURSELF
- ALLOW YOURSELF SPACE TO THINK



DAY 5 - CELEBRATION

Time to celebrate learning about
Mindful Mohammad

**MINDFUL
MOHAMMAD**



How has Mindful Mo
helped us to develop our
character this week?

**MINDFUL
MOHAMMAD**

GUIDED MINDFULNESS



WATCH NOW



MINDFUL
MOHAMMAD



WHEN WE LISTEN TO MEDITATION...

“

It is about learning how to SHUT
OFF everything else - including
thoughts and worries - so that you
can be PRESENT in your thoughts
and calm your mind.

”

MINDFULNESS

WHAT HELPED US MOST?

MINDFUL WALK?



MEDITATION MUSIC?



POSITIVE
AFFIRMATION



BE KIND
TO YOUR
MIND

CHARACTER CULTURE AWARDS!

MINDFUL MOHAMMAD



Who has really embodied Mindful Mohammad this week?

