

Medium and Long Term Plan

Unit	Lessons
Unit 1 – Getting Focussed:	Lesson 1 – How Our Brains Work
Unit 1 – Getting Focussed:	Lesson 2 – Mindful Awareness
Unit 1 – Getting Focussed:	Lesson 3 – Focussed Awareness: The Core Practice
Unit 2 – Sharpening your senses:	Lesson 4 – Mindful Listening
Unit 2 – Sharpening your senses:	Lesson 5 – Mindful Seeing
Unit 2 – Sharpening your senses:	Lesson 6 – Mindful Smelling
Unit 2 – Sharpening your senses:	Lesson 7 – Mindful Tasting
Unit 2 – Sharpening your senses:	Lesson 8 – Mindful Movement 1
Unit 2 – Sharpening your senses:	Lesson 9 - Mindful Movement 2
Unit 3- It's all about attitude:	Lesson 10 – Perspective Taking
Unit 3- It's all about attitude:	Lesson 11 – Choosing Optimism
Unit 3- It's all about attitude:	Lesson 12 – Appreciating Happy Experiences
Unit 4- Taking action mindfully:	Lesson 13 – Expressing Gratitude
Unit 4- Taking action mindfully:	Lesson 14 – Performing Acts of Kindness
Unit 4- Taking action mindfully:	Lesson 15- Taking Mindful Action in the World

