



Mindfulness in Schools

ELLA SIDEY



Hi there, I'm Ella

a mindfulness guide for adults and tamariki

My why

Over 10 years ago I suffered a major personal loss in my family. It was only then that I discovered how little I knew about managing stress, my emotions or even how to take proper care of my well-being. I believe we should all be taught and have access to our own toolbox of skills to help us feel our best.

My mission

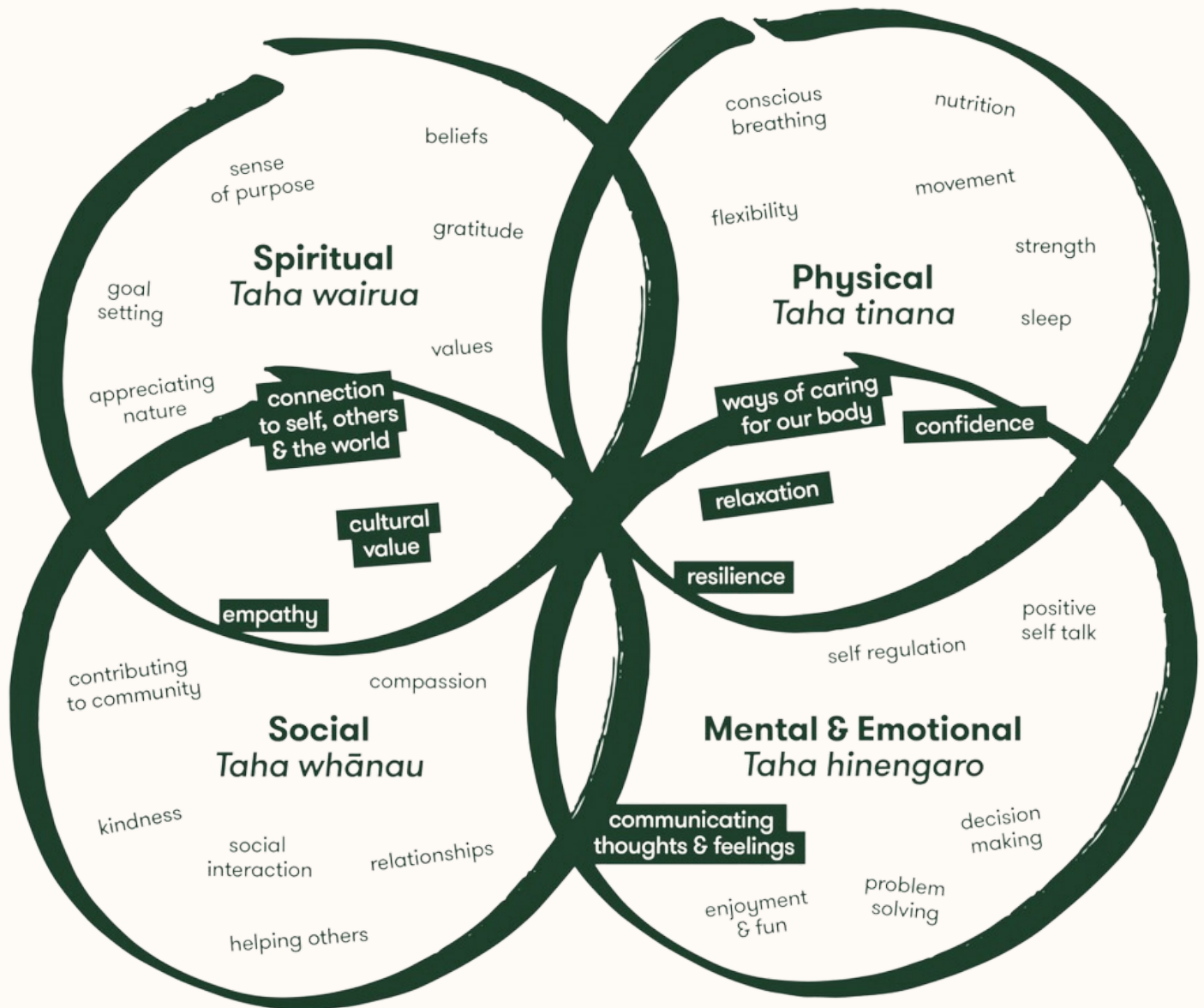
This journey has taught me that we all have the ability to set and achieve goals, deal with stress, manage our emotions and create a fulfilling life of balance and calm. My mission is to ensure that these skills are simple, practical and accessible to everyone. No matter what age we are, we should all feel in control of our personal hauora/well-being.

My foundation

My background as a primary school teacher has given me a firm understanding of the realities of being a teacher and a student in our education system. I have seen the immense benefit that practising bite-size mindfulness and self-care based on the philosophy of our Hauora creates. This framework is the foundation of my well-being workshops, resources and my own self-care practises.

Te Whare Tapa Whā

Our foundations for hauora/well-being



My services



Teacher Well-being

In these sessions we will go through small, daily self-care practises and build a toolbox of skills to de-stress, manage emotions and create a better work- life balance.

[LEARN MORE](#)



Student Well-being

Through movement and creativity we allow students to discover their own tools for integrating mindfulness and movement. These are designed to build confidence and resilience.

[LEARN MORE](#)



Well-being Resources

A quick and powerful daily tool for adults to help create small goals, practice daily gratitude, clear their mind, increase positive thought patterns and become more self-aware. Our 5-minute journal, The art of a positive mind is a must for well-being.

[LEARN MORE](#)



Teacher Well-being

- ✓ Prioritising time for self-care and work-life balance
- ✓ Tools to de-stress and become more self-aware of thoughts and emotions
- ✓ Mindfulness exercises to boost energy, focus and learn to shift their attention to the present moment
- ✓ Developing daily well-being goals and habits based on the four aspects of hauora

Option 1

'Art of a positive mind' journal
1 x one-hour workplace well-being session
 = \$33 per person

Option 2

'Art of a positive mind' journal
2 x workplace well-being sessions (45 minutes - 1 hour)
Bonus: Resources and light snacks provided
 = \$66 per person



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"Our workplace wellbeing sessions were amazing even in the small time we have had I have gained so many new tools to better my life." - Erin

"We had Ella come in for a workplace wellbeing session - was awesome to learn about daily tools to combat a stressful day at work. Super helpful!! Would highly recommend for any business to help with a more positive work place!!!" - Tabatha

"It was really nice to just take some time to find myself before starting a busy day. We went through many different resources for this including journaling, mindfulness, meditation, breathing exercises and many more so there was something for everyone. I would highly recommend Ella even if you feel this isn't for you her bubbly bright attitude would make your day regardless!" - Alex D

"A must for all workplaces, starting with management first. Thank you Ella for putting your heart and soul into helping people learn the invaluable tools and techniques of coping with day to day stresses, healthy gut and their holistic well-being." - Annabel Sloss

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Student Well-being

- ✓ Teaching a toolbox of everyday skills for resilience and overall well-being
- ✓ Calming techniques to self-regulate emotions and calm their nervous system
- ✓ Creativity and imagination through movement
- ✓ Quiet time visualisation for positive image and confidence
- ✓ Be in control of inner voices (Inner Villain and Inner Superhero)
- ✓ Be kind, have empathy and build relationships in their community

Information

Cost: \$7 per child

Time: 40 minutes - 1 hour

Sessions: One off, multiple or regular

Workshop resources included in investment



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"I love how Ella taught me to go from my red zone to my green zone so that I have a happier life " - 8 year old, School Session

"I liked the ping pong ball breathing game and the outside game. I felt included." - 10 year old, School Session

"It was relaxing, some activities got me outside of my comfort zone. I enjoyed it! Once I got used to the first lesson, I was not so sore." - 10 year old, School Session

"It's a nice place to calm down and unwind from a stressful day, I loved learning about how to calm down and about my friends feelings. It was a nice experience." - 10 year old, School Session

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Get in touch with Ella



01 Get in touch for a quote and more information about your unique session layout .

02 50% invoice paid to secure time and date/s

03 Workshops or programmes delivered with feedback form for Ella. A summary of sessions for overview of findings and next steps will be sent if wanted/required for BOT.



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