

Mindfulness



Mindfulness

Purpose

To develop the ability to appreciate the present moment and to learn to delight in the beauty of the world.

Entrance of Pupils

A thought provoking slideshow introducing the theme of 'Mindfulness' for the pupils to enter assembly to (10 minutes).

Introduction.

Life really is busy! We're always dashing around, never feeling that there is quite enough time to get everything done.

How often do we wish our lives away?

I wish it was the holidays.

When is it break time?

Only 15 weeks to Christmas!

When do we ever just stop and appreciate the moment we are in?



The Pound Coin

A young lad is walking down the streets of his town when his eye is drawn to something shiny on the pavement.

He looks more closely and to his delight he find a brand new £1 coin so he picks it up and goes home delighted to have got something for nothing.

From that day onwards, he spends his life looking down in the gutter in the hope of picking up more coins.

Years later his friend says to him 'I've always wondered why you walk around with your head bowed and your eyes glued on the pavement?'

The lad, now a young man, tells his friend about his find and adds: 'And since then I have added to my stash. I have found 26 pennies, 8 five pence pieces, 2 more pound coins and once I found half of a torn £5 note!'

'But my friend' says his companion 'whilst you have collected a grand total £3.66 and half of a £5 note over the years, you have missed:

3650 amazing sunrises

162 beautiful rainbows

The gold, red and yellow of 500 autumnal days

40 weeks of glorious flowering laburnum trees

And you've developed a very bad crick in your neck!"



Our Wonderful World

We have a most wonderful world if only we would take the time to notice it but so often we take our surroundings for granted and fail to notice beauty in little things.

- **Take a few minutes to consider our wonderful world.**
- **Can you imagine what it would cost if we had to build it ourselves?**
- **Thank goodness the world is not black and white**
- **If you missed the dawn today, don't worry—there'll be another for you tomorrow!**
- **Come and smile at the children.**
- **Do not forget your umbrella—the plants need rain!**

We get so caught up in the hustle and bustle of life that we often feel tense, stressed and worried.

'I have so much to do, I'll never get it finished.' 'When will I have time to just relax?'



Two Days We Should Not Worry

There are two days about which we should not worry, two days which should be kept from fear and apprehension.

One of those days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains.

Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday.

We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.

The other day that we should not worry about is Tomorrow with all its possible troubles, its great promise and potential problems. Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise either in splendour or behind a mask of clouds, but it will rise. Until it does, we have no say in tomorrow, for it is yet to be born.

This leaves only one day, Today.

Anyone can summon the strength to fight a battle for one day .

Everyone can take the time to stop and enjoy the pleasures that Today brings.

Do not worry about yesterday or tomorrow, live only in today.



'And What Will My Reward Be?'

One day a fisherman was lying on a beautiful beach with his fishing rod propped up in the sand and his line cast out into the deep blue sea. He was enjoying the warmth of the sun and the peacefulness of the late afternoon with the prospect of catching a fish for supper.

Just then, a business man came along the beach, desperately trying to walk off the stresses of the day. The business man commented: 'You aren't going to catch many fish that way! You should be working rather than lying on the beach!'

The fisherman looked up and smiled:
'And what would my reward be?'

'Well,' said the business man, 'you could get nets and catch more fish!'

Again the fisherman replied:
'And what would my reward be?'

'You'll make more money; buy a boat which will result in much larger catches of fish!'

'And then what will my reward be?' said the smiling fisherman

The business was getting irritated:
'You could buy a fleet of boats and have other people fishing for you!'

Still the fisherman stayed calm and patient:
'Then what would will my reward be?'

At this, the businessman nearly self combusted!
'Don't you understand? You could become so rich that you would never have to work again!! You could spend the rest of your days sitting on a beach watching the sunset! You wouldn't have a care in the world!'

The fisherman, still smiling, looked up and said:
'And what do you think I'm doing right now?'



Quotation

**'Do not dwell in the past. Do not dream of the future.
Concentrate the mind on the present moment.'**

Buddha

The Bible says

'This is why I tell you not to worry about the food and drink you need in order to stay alive, or about clothes on your body.....Look at the birds: they do not sew seeds or gather a harvest and put it in barns. Yet your Father in Heaven takes care of them. Aren't you worth much more than birds? Can any of you live a bit longer by worrying about it?

.....So do not worry about tomorrow: it will have enough worries of its own. There is no need to add to the troubles each day brings'

Matthew 6 25-27 and 34

Let's Pray:

Dear God

On this day, let me try to see the peace that is everywhere and the abundance of beauty in the world.

Help me to stop, look, listen and wonder at all that is around me rather than dashing through the day in blind busyness.

Amen

Putting it into Practice

Today, Take 10 minutes to go outside and look at the nature around you. Work on enjoying these moments, no matter the weather and no matter what other pressing things you need to be getting on with.

Exit of Pupils

A thought provoking slideshow of the key issues raised in the assembly about the theme of 'Mindfulness' for the pupils to exit assembly to (10 minutes).



Collective Worship and Putting it into Practice for the Rest of the Week

Day 2

Dear God

Help me to remember your promises to care for me if I feel anxious today.

Let me try to listen to someone who rarely has an opportunity to be heard.

Remind me to be aware of my breathing and the rhythm of my heart to slow myself down.

Amen

Design a gratitude calendar for the month.

Each day, plan one thing to take time to think about and be grateful for.

It could be a person, something that you have at home, an aspect of nature or something else.

Try to keep to your calendar for the whole month.

Day 3

Dear God

Remind me of the prayer of Julian of Norwich:

‘All shall be well, and all shall be well and all manner of things shall be well.’

Let me adopt it as a mantra for when I need to feel calm and safe.

Amen

It’s funny that daydreaming used to be considered a bit of a waste of time, but now we are encouraged to day dream (for the right moment of course!)

Try putting on some quiet music and giving yourself some ‘daydream’ time.



Day 4

Dear God

Help me today to perform small, random acts of kindness and go out of my way to bring a little order to our chaotic world.

Amen

Set aside 10 minutes today to sit quietly in a room by yourself without the distraction of the television, computer or other people.

Let your mind clear of thoughts and just be peaceful and 'mindful' in those moments.

It's harder than you think!!

Day 5

Dear God

Let me know to laugh and forgive myself when I have forgotten all the promises I made at the beginning of the day.

Remind me to reflect and celebrate all I was able to accomplish at the end of the day.

Amen

One of the favourite ways of developing mindfulness is to use a mindfulness colouring book. They are available in many shops from around £1. You can also download them from the internet (with permission).

The colouring in of the patterns has the effect of slowing us down and giving us time to think quietly and ponder life—and the end product is a lovely, colourful picture!

