

Progress In Mindfulness Practice

A Guidance Framework for Schools

| Child's Journey So Far | Loving Kindness & Compassion | Meditation & Mindfulness Practices | <u>Skilful Living / Mindful Mind Skills*</u> | The Community | The School's Precepts |
|------------------------|---|---|--|---|--|
| 6 | <p>Regularly enjoys giving and receiving acts of loving kindness.</p> <p>Is regularly compassionate towards others and looks to help people in distress.</p> <p>Looks after the vulnerable in the school and looks to help them by talking and playing with them.</p> | <p>Has a high regard for all the practices we do in school and applies them regularly to their own happiness as well as in relationship to all others.</p> <p>Can give concrete example of how meditation practice has helped them deal with a difficult aspect of their personality or life.</p> <p>Shows signs of wanting to apply meditation practices outside of school through choice.</p> | <p>Is generous with their time and things.</p> <p>Has a lot of energy to do good and can accept when they have done wrong.</p> <p>Understands the diversity (including gender & cognitive abilities) of others and behaves in a thoughtful way.</p> <p>Is known to be a calm person who doesn't rush.</p> <p>Someone who in the face of suffering has the skills to deal with it in an appropriate way with an understanding that one's view of the world is a product of one's own mind alone.</p> <p>Has an understanding of ones qualities and limitations.</p> <p>Is able to cope with change, to respond to uncertainty & loss.</p> | <p>Mutual respect for all members of the community is a principle consistently upheld.</p> <p>Holds themselves and others to their highest potential.</p> <p>Will step in or report when they see harm being caused to others through speech or action.</p> | <p>Actively cares and doesn't cause harm to anyone or anything within the school.</p> <p>Enjoys keeping a healthy mind and staying calm.</p> <p>Will offer their time or property with ease.</p> <p>Truthful, honest and kind in how they interact.</p> <p>Not only knows the school's 5 precepts but looks to apply them to their life by choice.</p> |
| 5 | <p>Is beginning to see how acts of kindness are beneficial to the giver and receiver.</p> <p>Beginning to understand the concept that we all suffer and that we shouldn't look to add to people's suffering.</p> | <p>Can give some examples of where meditation practice has aided them in dealing with a situation.</p> | <p>Is generous with time and possessions. Has a lot of energy to do good and can usually accept when they have done wrong. Understands the diversity (including gender & cognitive abilities) of others and behaves in a thoughtful way.</p> <p>Usually doesn't rush and can be calm.</p> <p>Finds dealing with strong emotions difficult.</p> <p>Has an understanding of own qualities but not an awareness of their limitations.</p> | <p>Recognise that commitment to the community can increase the welfare of people within it.</p> | <p>Cares and doesn't cause harm to anyone or anything within the school. Consistently has a healthy mind and can stay calm. Will share their time or property if asked.</p> <p>Someone who is truthful, honest and kind in how they interact.</p> |
| 4 | <p>Is beginning to see how acts of kindness can be beneficial to others.</p> | <p>Is beginning to see the relationship between some meditation practice & its application to the world.</p> | <p>Sometimes generous with their time and possessions. Has a lot of energy to do good but finds it hard to accept when they have done wrong. Doesn't always understand the diversity (including gender & cognitive abilities) of others.</p> <p>Can sometimes rush but is a calm influence in general.</p> <p>Finds dealing with strong emotions difficult at times.</p> | <p>Can recognise good and bad intentions and have sound social relationships. Sees that others have goals and preferences and celebrates them.</p> | <p>Cares about most people and doesn't cause harm to anyone but doesn't always look after property. Often has a healthy mind and can stay calm. Will share property if asked but not always so giving with their time.</p> <p>Someone who is usually truthful, honest and kind in how they interact.</p> |
| 3 | <p>Can be kind to themselves but not always show compassion or kindness towards others.</p> | <p>Is able to practice the skills of meditation but maybe not apply them beyond Puja times.</p> | <p>They are on occasion generous with their time and possessions. Sometimes like to do nice things but can't accept when they have done wrong. Finds it difficult to understand the diversity (including gender & cognitive abilities, preferences) of others.</p> <p>Will often rush and finds it hard to be calm.</p> <p>Finds dealing with strong emotions difficult.</p> | <p>Sees that others have goals and preferences and sometimes accepts them.</p> | <p>Cares about good friends but can cause harm to people and doesn't always look after property. Usually has a healthy mind and can stay calm. Will usually share property if asked but not always so giving with their time.</p> <p>Someone who can be truthful, honest and kind in how they interact.</p> |
| 2 | <p>Finds it both hard to give and receive acts of kindness.</p> | <p>Can sometimes show some commitment to meditation activities.</p> | <p>Finds it difficult to be generous with things. Finds it difficult to do nice things for people and can't accept when they have done wrong. It's safe for them to be in the class most of the time.</p> <p>Strong emotions are regular and sometimes hard to deal with.</p> | <p>Sees that others have goals and preferences but finds it hard to accept them.</p> | <p>Isn't always caring towards good friends and can cause harm to people and doesn't seem to look after property. Finds sharing difficult. Someone who can find it tough to be truthful.</p> |
| 1 | <p>Find it hard to be positive about themselves or others.</p> | <p>Finds it difficult to engage in meditation activities.</p> | <p>Struggles to share and accept responsibility. Doesn't always make others feel safe in their company. Finds strong emotions overwhelming and overpowering.</p> | <p>Only the self is really recognised.</p> | <p>Finds it tough to be caring towards living things, people and property. Harms people through speech and action. Finds it really tricky to share. Often feels the need to be untruthful and harsh in their speech.</p> |