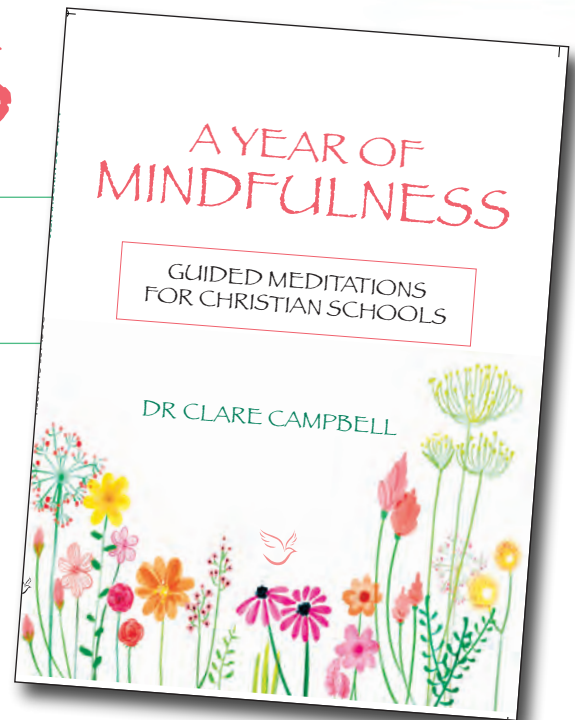


# A YEAR OF MINDFULNESS

GUIDED MEDITATIONS FOR CHRISTIAN SCHOOLS

BY DR CLARE CAMPBELL

This book is for teachers, headteachers and chaplaincy teams who want their schools to be more mindful and mind “full”. Clare Campbell presents us with this little treasure of a book, filled with meditations that she has used with children for Collective Worship. *A Year of Mindfulness* carries the reader through the Liturgical and School Year, with weekly meditations, mindfulness exercises and scripture for each week.



**Paperback** / Order ref: MB7825  
Size: 275 x 210mm / 104 pages  
ISBN 978-085597-782-5

**1 – 4**      **£12.50** each  
**5 or more**      **£9.95** each

The book can act both as a guide to the practice of mindfulness in schools and as a source of Collective Worship Inspiration.

Clare Campbell is a headteacher of a Catholic Primary School in Salford, she has been teaching for 20 years and has been a headteacher for 10 years, she has completed a doctorate in Education at Manchester University an MA, SEND, NPQH and has lectured at the University of Nairobi, the University of Manchester, Manchester Metropolitan University and Liverpool Hope. She is a Mum of two boys and this is her first book.

In mindfulness and meditation, we can hear the voice of our own heart, which can be drowned out by our busy lives and minds.



**“A Year of Mindfulness” aims to help the school leader, class teacher and chaplaincy leader to guide children to develop skills for stilling the body and mind in preparation for prayer.**



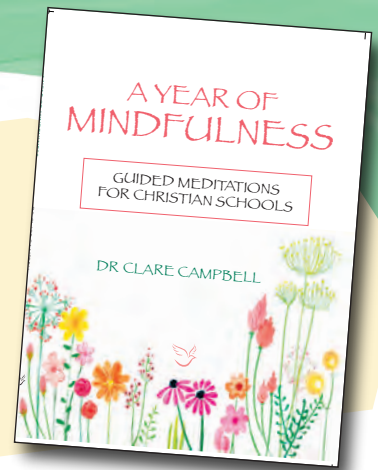
Breathing slowly, concentrating on the inhalation and exhalation of breath, focusing on a Mantra, a prayerful word or phrase, listening to prayerful music and carefully listening to the words of the leader are tools that children can use to deepen their spiritual life.

*See over for more details* ▶

# A YEAR OF MINDFULNESS

The author has provided a guide on these two pages that gives a flavour of the book and how it can be enhanced by displaying illustrations.

The images here are not included in the book but can be purchased separately (see details on page 4).



Mindfulness is moving beyond ourselves to be transformed in God's divine love.



The LORD will command His loving kindness in the daytime, and His song will be with me in the night.

Psalm 48:2

EACH MEDITATION in the book is structured in the same way and follows the same pattern. It starts with a piece of **Scripture**, which could be displayed in the hall or classroom. Next, is a recommended **Hymn**. Then a **Stillness Exercise**, followed by a **Mantra** then a **Main Theme**. Then there will be time to be in the **Heart Room**. Finally the meditation ends with an **Awakening Exercise**.

#### Chapter 2: Autumn Term

- 2.1: Welcome Meditation
- 2.2: Family Meditation
- 2.3: Shining Light Meditation
- 2.4: Prayer Meditation
- 2.5: Advent Meditation
- 2.6: Self-esteem Meditation
- 2.7: Meditation for Mary
- 2.8: Christmas Meditation

#### Chapter 3: Spring Term

- 3.1: Epiphany Meditation
- 3.2: Fishers of Men Meditation
- 3.3: The Last Supper Meditation
- 3.4: The Garden of Gethsemane Meditation
- 3.5: The Easter Story Meditation
- 3.6: The Good News Meditation

#### Chapter 4: Summer Term

- 4.1: Anchoring Meditation
- 4.2: Growing and Changing: Butterfly Meditation
- 4.3: Spiritual Meditation
- 4.4: Who is my Neighbour? Meditation
- 4.5: The Counting Meditation
- 4.6: The Child of God Meditation
- 4.7: The Walking Meditation
- 4.8: Holy Spirit Meditation

#### Chapter 5: Christian Meditations

- 5.1: Faith Meditation
- 5.2: Hope Meditation
- 5.3: Charity Meditation
- 5.4: Joy Meditation
- 5.5: Thanksgiving Meditation
- 5.6: Love Meditation
- 5.7: Peace Meditation



Be still and know that I am God.

Psalm 46:10



The New Testament tells us how Jesus Himself used meditation to pray at the times when He needed God the most.

Jesus withdrew to a lonely place to pray.

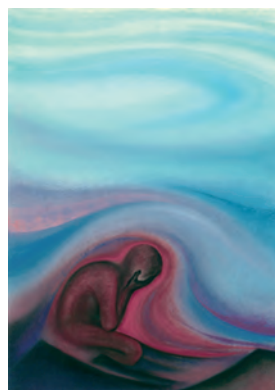
Luke 5:16



In meditation and mindfulness, we experience moments where we can bless and feel blessed.

For God alone my soul waits in silence, for my hope is from Him.

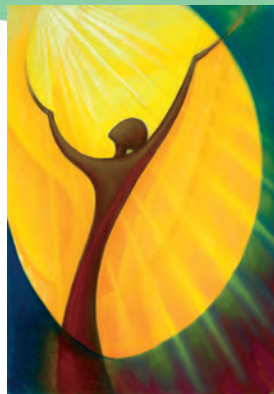
Psalm 62:5



Mindfulness allows children to listen beyond the chaos that is both outside them and within them.



Our children are inundated with a constant stream of distractions and are adept at multi-tasking. Through the use of mindfulness and meditation, they have the opportunity to slow down, to calm down, and to just 'be'. Allowing them time for their bodies and minds to relax and explore God's presence.



Mindful prayer is the lifting of our hearts, minds, souls and bodies to God.

The book focuses on the 4 pillars of Christian prayer:

1. The Saying Prayer / 2. The Doing Prayer / 3. The Thinking Prayer / 4. The Being Prayer

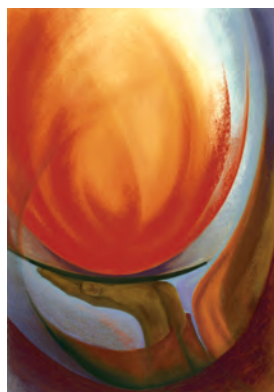


The Saying Prayer	The Doing Prayer	The Thinking Prayer	The Being Prayer
Personal Prayer	Listening	Meditation	Silence
Sacramental Prayer	Work	Mindfulness	Opening your heart
The Rosary	Play	Contemplative Prayer	Speaking to God
Liturgy of the Hours	Music and Song	Stillness	Being in the Presence of the Lord
Mantra	Dance	Sharing	Footsteps
Daily Prayer	Creativity	Grace and Wonder	Selflessness
Grace before Meals	Action	Thanks, Praise and Glory	Awe and Wonder of Nature



*Meditate in your heart... and be still.*

Psalm 4:4



In Mindfulness it is important to set the scene for the meditation and it helps to focus on each of the 5 senses...

- Touch
- Taste
- Smell
- Sight
- Hearing



A Year of Mindfulness takes you through the school year, Autumn, Spring and Summer term and follows the Liturgical Year of the Church.



There is an additional chapter with themes that can be used throughout the school year, such as Faith, Hope and Peace.

See over for Posters ▶



**PP1** Open to God



**PP2** The Depths of Distress



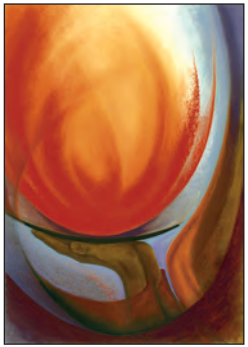
**PP3\*** Stillness



**PP4** Agonised Pleading



**PP5** Listening



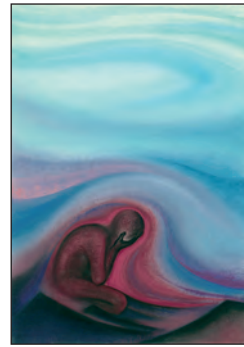
**PP6** Our Gift To God



**PP7** Pleading



**PP8** Rejoicing



**PP9** Overwhelmed



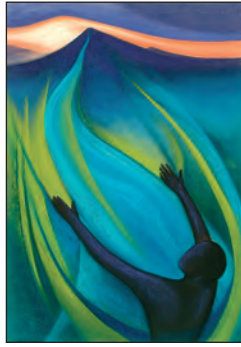
**PP10** A Burning Offering



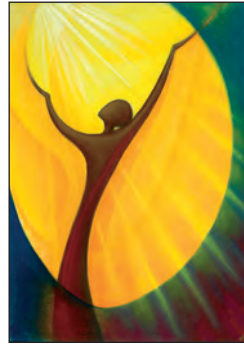
**PP11** Sorrow & Forgiveness



**PP12** Darkness



**PP13** Longing



**PP14** Praise



**PP15** Trust

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