Comments From Children And Adolescents
Who Have Participated in the Mindfulness Seed Programmes

Being mindful helps me to realise that in bad times the sun will come out again.

Mindfulness means to me, to draw my attention inwards, to my thoughts, feelings and emotions. It helps me to calm down in stressful situations, choose and make better decisions when given a hard choice or just stopping to relax or appreciate what we have. To be mindful, it feels calming and equal inside you. You feel attentive and switched on. It is really helpful to be mindful.

Mindfulness portrays a very meaningful thing to me. It means that I can manage stress, stay calm & take my bad thoughts away. It also gives me a meaning to be thankful for the things I have in my life . . . To be Mindful, it feels very nice, because it makes me feel happy, calm and relaxed.

Mindfulness is the act of focusing your attention on a specific thing. Mindfulness can be used for school and for paying attention to the teacher and specifically on what he/she is saying. It helps with the managing of your work and helps you cope with daily life & stress. Mindfulness makes people feel calm, relaxed & optimistic through the calmful relaxation procedures performed.

Mindfulness is . . . a great time for me to settle down and have my bad thoughts float away. The breathing helps for when I'm stressed or worried. Mindfulness has taught me I am fine just the way I am.

Mindfulness means a lot to me. It has made me more aware about me and the things going around me. Once we were given feathers. My feather was special for me because it helped me with my breathing. It has also taught me to calm down. I also liked the pebbles we were given. They have helped me to appreciate and be thankful for life and the good things going on around me.

I've used mindfulness in my daily life . . . when I'm feeling angry I take 3 deep breaths. When I'm thinking unhelpful thoughts I choose to let them go. In class when I'm daydreaming I choose to focus on whoever's speaking. When I'm about to do something that I know that I shouldn't do I catch myself.

Mindfulness is a time for me to appreciate myself and my feelings, to tell myself that I am special. I sometimes feel very self-conscious of my self and this session helps myself over come that. I have used mindfulness to help get over stresses and help myself to relax. Being mindful is great and I appreciate these sessions. It is a great feeling.

Mindfulness is about noticing your feelings and your body and how you breathe. It makes me feel calm and happy and to stop and notice the great things in life instead of the bad. It is so helpful to me in my life.

Mindfulness has been really helpful for me in lots of ways. It feels good to be in the moment and focus on my breathing. Focusing on my breathing has been helpful in my everyday life because it helps me go to sleep and calm down when I'm angry or annoyed . . . [someone] annoys me a lot and I always feel like lashing out at him but even thought it's hard, if I just breathe I stop. Mindfulness has also helped me appreciate life and myself more than I had before.

I've used mindfulness in my life when I'm stressed, when I need to calm down and to help me not to be rude. Mindfulness feels good because it helps to calm down.

I would like to tell you a bit about the mindfulness class I have been taking. It is very peaceful and relaxing. Mindfulness means that you can take your mind off everything that is happening around you and concentrate on what is happening inside you like how you are feeling. Mindfulness means so much to me and I believe it is something that we can use very often and that it is something that should be treasured forever.