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# Global Best Practices in School Mindfulness: An Overview of MiSP & MfCP Inspiration for Brain Power's MW Programs

## Mindfulness in Schools Project (MiSP) - A Global Leader

The Mindfulness in Schools Project (MiSP) is a UK-based, non-profit charity established in 2009. It is a leading international organization dedicated to bringing evidence-based mindfulness practices to young people and the adults who care for them.

- **Mission:** "For the flourishing of young minds."
- **Approach:**
  - **Evidence-Based:** MiSP collaborates with prestigious universities (e.g., Oxford, Cambridge, Exeter) to research the impact and effectiveness of their programs.
  - **Teacher-Led:** Curricula are designed by experienced teachers and mindfulness practitioners *for* teachers.
  - **Age-Appropriate:** Offers a suite of distinct curricula tailored for different age groups, from pre-school to late adolescence.
  - **Secular:** Practices are taught in a secular, skills-based way, suitable for all school environments.

## The MiSP School Implementation Pathway:

MiSP advocates a whole-school approach, typically involving these stages:

1. **Explore:** School leadership and staff learn about mindfulness and its benefits.
2. **Introduce:** Key staff undertake an 8-week personal mindfulness course (e.g., MiSP's *.begin* or *.b Foundations*). This embodied practice is crucial for authenticity.
3. **Develop:** Interested and suitable staff receive specific training to teach MiSP's age-appropriate curricula to students.
4. **Embed:** The school develops a strategy to integrate mindfulness more widely (e.g., short practices in various classes, staff mindfulness sessions, appointing a School Mindfulness Lead).
5. **Sustain & Share:** Ongoing practice, support, and professional development are fostered. Schools may become "Beacon Schools" to share best practices.

## MiSP Curricula Overview:

- **dots (ages 3-6):** Play-based, simple practices focusing on attention, emotional awareness, and kindness. (e.g., "Shake & Freeze," "The Bubble").

- **Paws b (ages 7-11):** 12 interactive lessons (often 6 themed sessions) covering attention ("Mind Puppy," "Amazing Brain"), thoughts ("Storytelling Mind"), feelings ("Noticing the Wobble"), and kindness ("Growing Happiness").
- **The Present (ages 3-12):** A flexible, spiral curriculum integrating mindfulness and neuroscience into daily school life across seven themes.
- **.b (ages 11-18):** (Dot-be: "Stop and Be") MiSP's flagship secondary school curriculum. Ten core lessons using engaging PowerPoints and film clips to teach skills for managing stress, improving focus, understanding emotions, and navigating relationships. Includes online "Beditation" animations for home practice.
- **.breathe (ages 9-14):** A shorter, 4-session curriculum, often used as an introduction or taster, focusing on breathing practices for managing emotions and stress, particularly during transitions.
- **.begin (Adults in Education):** An 8-week live, online personal mindfulness course for adults in educational settings to establish their own practice.
- **.b Foundations (School Staff):** An 8-session experiential course for school staff, often a prerequisite for teaching .b or Paws b.

### Teacher Training & The Hub:

MiSP emphasizes rigorous teacher training. To teach MiSP curricula, individuals must have an established personal mindfulness practice, complete an 8-week adult mindfulness course, and attend a MiSP curriculum-specific "Teach..." course. Trained teachers gain access to "The Hub," MiSP's rich online platform with all lesson plans, materials, updates, and a community forum.

### Kodomo Mindfulness Project (MfCP) - Bringing MiSP to Japan

子どもマインドフルネスプロジェクト

The Kodomo Mindfulness Project (MfCP) is MiSP's key partner in Japan, dedicated to adapting and delivering MiSP's evidence-based programs within the Japanese educational and cultural context.

### Role & Credibility:

- MfCP is led by respected professionals with strong academic affiliations in Japan, including from Shiga University (Faculty of Education) and Kansai Medical University (Department of Psychosomatic Medicine). This provides significant local credibility.
- MfCP is the **certified body for conducting MiSP teacher training in Japan**. Anyone in Japan wishing to become a certified MiSP curriculum teacher would typically train through MfCP or an MfCP-endorsed program.

### MfCP Activities & Resources:

- **Japanese Translations:** Provides high-quality Japanese translations of MiSP materials, including introductory leaflets, lesson components, and student resources, making them accessible for

Japanese schools. (e.g., 「マインドフルネスとは」, 「学校にマインドフルネスを導入する利点は?」, 「5 分間マインドフルネス」 ).

- **Teacher Training:** Organizes and delivers MiSP-certified teacher training courses in Japan for curricula like .b and Paws b.
- **Network & Support:** Maintains a network of trained teachers and implementing schools in Japan (visible through their Teacher's Map and Implementation Field Map).
- **Member Resources:** Offers member-only resources, such as Japanese versions of children's homework videos (via collaboration with the MBSR Study Group).
- **Cultural Adaptation:** Plays a crucial role in ensuring that the presentation of mindfulness is culturally sensitive and appropriate for the Japanese school environment. This includes nuances in language, examples used in lessons, and understanding of the Japanese education system.
- **Research & News:** Shares research and news relevant to mindfulness in Japanese education, contributing to local understanding and advocacy.

### **Why is a Local Partner like MfCP Important?**

Successfully implementing mindfulness programs in any country requires understanding and respecting local culture, language, and educational systems. MfCP provides:

- Linguistic and cultural nuance in translation and delivery.
- Understanding of Japanese curriculum demands and school culture.
- Local credibility and connections within academic and educational circles.
- Logistical capacity for organizing training and ongoing support in Japan.

### **Brain Power's Approach: Inspired by the Global Best Practices**

Brain Power's Mindfulness & Wellness initiatives are deeply inspired by the robust, evidence-based, and ethically-grounded approaches of organizations like MiSP and MfCP. We aim to:

- Leverage these proven models to create effective and accessible MW solutions tailored for the Japanese schools we serve.
- Integrate our unique strengths in ALT dispatch and English language education to offer culturally-sensitive, English-integrated MW programs.
- Support the holistic well-being of both students and educators in Japan, drawing on international best practices while respecting local needs.
- Collaborate with and learn from experts in the field, including those with direct experience in adapting mindfulness for diverse cultural contexts.

By understanding these established models, Brain Power staff can better appreciate the foundations of our MW programs and contribute meaningfully to their success.