

# THE “MINDFULNESS MATTERS” METHOD

PARENTS PARTICIPATE AT HOME

“The method is playful, simple, effective and obviously written from the heart.”

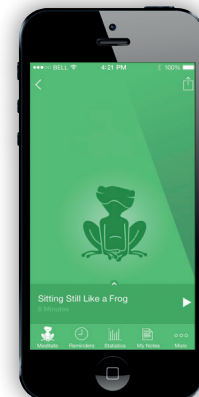


## **Sitting Still Like a Frog (includes CD)**

For children ages 5-20  
(published in 20 countries)



## **Breathe through This** *Mindfulness for parents of teenagers (aged 12-19)*



## **The Sitting Still app** *Interactive app for kids, students and adults. For Apple and Android*

“Because of its light-hearted but deeply honest perspective, *Sitting Still Like a Frog* turns the cultivation of mindfulness into something more akin to a game, an experiment and an adventure rather than a burden. May this book find its way into hands of all the parents and children who might benefit from it.” – Jon Kabat-Zinn (from his foreword to *Sitting Still Like a Frog*)

## **HOW DO I QUALIFY TO TEACH THE “MINDFULNESS MATTERS” METHOD TO CHILDREN?**

The Academy for Mindful Teaching (AMT) is an international training institute that qualifies graduates to teach mindfulness to children. We offer a professional course for teachers, doctors, paediatricians, therapists, special education psychologists and mindfulness trainers, who want to teach the “Mindfulness Matters” method of mindfulness training to children aged 5-19.

For more information see: [www.elinesnel.com](http://www.elinesnel.com).

“This method has been translated and used all around the world for good reason.”  
*Vives Education Magazine*



**For more information and enquiries:**  
[www.elinesnel.com](http://www.elinesnel.com)

# MINDFULNESS FOR CHILDREN AGES 5-19

## **EYEOPENER**

You can't stop the waves, but you can learn to surf.



“MINDFULNESS MATTERS”  
THE ELINE SNEL METHOD

**WHAT ISN'T IT?**  
Esoteric,  
a therapeutic magic  
wand, Buddhist or  
religious

## WHAT IS MINDFULNESS?

Mindfulness is the natural ability to be consciously attentive and optimally present:

- Being consciously aware of the sun on your skin, the wind in your hair, the irritation or fatigue in your body and the other things you can notice in your inner world and in the world around you.
- With curiosity and without judging, you learn to observe your feelings, thoughts and physical signals as soon as they arise and for as long as they last. By not excluding, pushing away or letting yourself be completely caught up in anything, you become familiar with your inner world. You're also better able to cope with the outside world. Less automatic reaction! Present. Friendly, open and curious. Without judgment. In every unique moment. NOW.

## HOW DO YOU DO IT?

At locations including home, schools, hospitals or the psychologist's clinic, children learn to sit still like a frog. By dealing with the "storms and rain showers" in their inner world and practicing the conveyor belt of worries. They also learn to accept their feelings rather than suppress them and to cultivate friendliness. It all starts with practising conscious, non-judgemental awareness. That is the essence.

## WHY MINDFULNESS FOR CHILDREN?

Children are often too busy, just like adults. They have trouble sleeping, are easily distracted and often restless. Their heads are full of troubling thoughts. The "on switch" works fine, but where is the "off switch"? By introducing children to mindfulness at a young age, they learn to observe and to concentrate better, to be in contact with their bodies and to calm themselves down.

### Effects

- Physical and mental calmness leads to improved concentration and learning. Children are no longer weighed down by problems, instead they find solutions. Their self-confidence and resilience increases, while their sense of having failed decreases.
- Children interact with qualities such as "compassion", "patience" and "letting go of things you can't change". This teaches them to deal with short- and long-term tensions. They become more friendly towards others and to themselves, and bullying behaviour decreases.

## RESEARCH

**The September 2012 issue of *Wetenschappelijk Tijdschrift Autisme* (The Scientific Journal of Autism) published a study looking at the effects of "Mindfulness Matters" on children with autistic spectrum disorders. The paper's authors are H.R. Nanninga and B.B. Sizoo.**

### Their conclusions

Children have significantly fewer mood swings; the same applies to symptoms of anxiety. Children also feel better physically. Children enjoyed attending the training sessions. Parents were able to practice at home with the children, using the parents' book.

## WHAT IS "MINDFULNESS MATTERS"?

Eline Snel's "Mindfulness Matters" is an 8-10 week mindfulness training method specially designed to be used with children and youngsters at school, in private practices, in hospitals and clinics. It is an evidence-based course, based on Jon Kabat-Zinn's eight week Mindfulness Based Stress Reduction programme.

The course is tailored to four different age categories and is taught by children's trainers who graduated the international Academy for Mindful Teaching (AMT) in various European countries and in Hong Kong.

### FOR WHOM?

- All children aged 5-19
- Teachers and other professionals working with children (physicians, psychologists, educators, etc.)
- Parents

### WHERE?

- Primary and secondary schools, special education schools
- Institutions, hospitals and private practices
- At home on the sofa



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## WHAT IS SPECIAL ABOUT "MINDFULNESS MATTERS"?

- Eline Snel developed the training in the field. At a variety of schools, by means of numerous pilots with children of all ages, in institutes and individually.
- The method is tailored to four different age categories: 5-7(8), 8-11(12), 12-14 and 14-19. It is suitable for children with or without a diagnosis, as well as for young (top-level) athletes and budding musicians.
- The four trainers manuals are very detailed and completely teacher-proof. This guarantees quality and makes research possible.
- The AMT course for children's trainers is thorough, personal and emphasizes the trainer's own mindful attitude. In addition, further development is offered through annual refresher courses and supervision.
- The method has been translated into four languages and the course is taught and applied in these four languages all over the world.
- The training is suitable for use within all types of schools, in mental health care and private practice.

## MINDFULNESS MATTERS!

It helps you learn when you're learning, eat when you're eating and sleep when you want to sleep. It also helps you experience that you *have* thoughts and feelings rather than *being* them.