



## **How meditation can enhance student well-being - an observational study at Ashwood School**

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In my current role as Student Wellbeing Support Teacher at Ashwood School, I regularly use a variety of meditation and relaxation techniques with individual students, teachers and in classrooms as a whole school approach to wellbeing.

Our students who all have a Mild Intellectual Disability struggle particularly with social connectedness and emotional regulation at school and at home. I was interested to understand if an overall sense of emotional health and wellbeing was able to be instilled, would they manage their emotions better and would their everyday coping skills be enhanced and would their relationships benefit.

I felt that an intervention of Meditation and Mindfulness into our school curriculum, would teach our students resilience, emotional regulation, enhance academic progress and their overall sense of wellbeing. My intent was that the whole school community would understand the benefits of being skilled in mindfulness and that it would become school culture. I began with a trial during our annual Student Wellbeing Week and we do now practise mindfulness and meditate regularly.

This presentation will give an in-depth insight to the outcomes and effectiveness of this whole school program through a series of opinion surveys undertaken by students, teachers and parents. I will demonstrate the program and how I got buy in from the whole school community and what worked and what did not.