



Everyday Mindfulness

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
shown knowledge of 1. what mindfulness is and why it can be a helpful skill	Summary sheet
2. how thoughts can affect feelings and actions	Summary sheet
3. the fact that thoughts, feelings and fears are not permanent	Summary sheet
demonstrated the ability to 4. suggest one way they can bring mindfulness into their everyday life	Summary sheet
5. respect other people's space and experience, eg during a group discussion	Summary sheet
experienced 6. practicing three mindfulness exercises	Summary sheet
7. completing an evaluation form, to evaluate what they have gained from the session.	Summary sheet

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