

## In Smiling Mind News.....

Our focus for the fortnight: **Making Decisions**.

Our learning intention: To learn and develop decision making skills through mindful awareness of personal values. Our lesson focuses on teaching students how to make decisions based on logic, reason, personal values and intuition.

Our meditation practice for this focus is called the decision making tree. In this we practice making decisions by bringing to mind a situation that requires a decision to be made. The meditation encourages us to tune into our gut feeling around two possible options. Teaching students how to make decisions for themselves provides them with a lifelong skill set and a tool box to use for the rest of their lives.

Many thanks

Miss Castle

Smiling Mind Coordinator

