

KALMA MINDS ACCREDITATION BRONZE



Our Kalma Minds accreditation focuses on bringing mindfulness into your school to support children to learn how to care for their own mental health and wellbeing. Through our pupil-led, evidence-based framework, your school will work towards gaining each level of the Kalma Minds accreditation. This award will ensure that mental health and wellbeing sit at the heart of your school life.

To qualify for your bronze level accreditation, you will need to complete the steps below in your self-assessment.

- Organise your Kalma Minds mindful assembly, courtesy of your Kalma Minds local teacher, to introduce mindfulness to your entire school.
- Recruit a team of pupils to represent the school in gaining the accreditation, who will be known as ‘The Kalma Minds’
- The Kalma minds to meet to complete the Kalma Minds action plan and ‘Time and Space’ evaluation form.
- Send back to your completed templates and any supporting evidence to your Kalma Minds representative.
- Visit to be arranged from a Kalma Minds representative to review your mindfulness practices implemented. On completion of your accreditation the school will be presented with their award complete with bronze accreditation artwork to display on the school website.



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