

**Pause
Breathe
Smile**



Brought to schools
by Southern Cross



Pause Breathe Smile

Developed here in Aotearoa, our mission is to create a healthier New Zealand by equipping kiwi kids with mind health skills.

Delivered in primary and intermediate schools, by teachers, Pause Breathe Smile is aligned with the New Zealand curriculum and funded by Southern Cross.

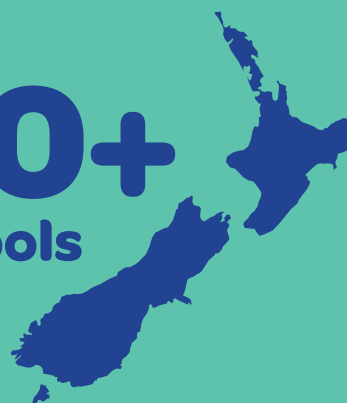
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Our Impact since partnering with Southern Cross*

52K kids 

we have reached 10% of total
kiwi kids aged five to 12 since launch

200+
schools



3,600+ educators



**Teaching kids aged 5 to 12 to manage the ups and
downs of life and set them up for a healthy future.**



Mindful
Breathing



Emotional
Literacy



Mindful
Movements



Mindful Eating



Gratitude



Kindness



Resilience

**Wellbeing impact is measured through a longitudinal wellbeing
survey developed by the New Zealand Institute of Wellbeing and
Resilience, completed by educators implementing Pause Breathe
Smile in their classrooms.**

**Each school receives a personalised wellbeing report, and a
summary report will eventually provide a robust wellbeing health
check across all Pause Breathe Smile schools nationwide.**

*From September 2020 to October 2021. Figures updated quarterly.

Internationally recognised effectiveness

Pause Breathe Smile was developed at the Mental Health Foundation of New Zealand, with specialist input sought from experts in education, mental health, and mindfulness, all underpinned by firm acknowledgement of New Zealand's unique bicultural context.

Pause Breathe Smile is contextualised by the holistic wellbeing model Te Whare Tapa Whā, developed by Sir Mason Durie, and widely used in Aotearoa New Zealand education and health settings. Peer reviewed studies published in national¹ and international^{2,3} journals have demonstrated significant positive impacts on emotional and general wellbeing for children with additional positive impacts indicated for teachers and school communities observed in a recent evaluation conducted by independent research consultants⁴.

Further evaluation and development of resources, including in full-immersion Māori settings, are underway to ensure the programme's ongoing impact and continued relevance for Māori and non-Māori ākonga.



"I have seen kids using the Pause Breathe Smile Programme first hand, and it was amazing. It gave me hope that maybe we really could do something to turn the tide." - Nigel Latta

Research findings

- **Increases calmness**
- **Improves focus & attention**
- **Enhances self-awareness**
- **Improves conflict resolution skills**
- **Develops positive relationships**
- **Reduced teacher stress**
- **Statistically significant increases in childhood wellbeing**

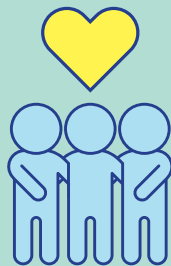
1. Rix, G. & Bernay, R. (2014). A study of the effects of mindfulness in five primary schools in New Zealand. *New Zealand Journal of Teachers' Work*, 11(2), 201-220.
2. Bernay, R., Graham, E., Devcich, D. A., Rix, G., & Rubie-Davies, C. M. (2016). Pause, breathe, smile: A mixed-methods study of student wellbeing following participation in an eight-week, locally developed mindfulness program in three New Zealand schools. *Advances in School Mental Health Promotion*, 9(2), 90-106.
3. Devcich, D. A., Rix, G., Bernay, R., & Graham, E. (2017). Effectiveness of a mindfulness-based program on school children's self-reported well-being: A pilot study comparing effects with an emotional literacy program. *Journal of Applied School Psychology*, 33(4), 309-330.
4. Hynds, A., Hindle, R., Kus-Harbord, L., & Savage, C. (2020). Impact evaluation for the Pause, Breathe, Smile programme. Christchurch: Ihi Research.

How it works

Operating since 2013, Pause Breathe Smile is a trailblazer in school mind health initiatives and supports wellbeing across all four dimensions of Te Whare Tapa Whā.



Te Taha Tinana
Physical wellbeing



Te Taha Whānau
Family and social wellbeing



Te Taha Wairua
Spiritual wellbeing



Te Taha Hinengaro
Mental and emotional wellbeing

Teacher Only Day Workshop: school-wide PLD on-site

Our experienced Pause Breathe Smile facilitators come to your school, anywhere in the country, to provide our highly valued workshop. This ensures the programme is embedded within the school, rather than being driven by a visiting facilitator.

Online Introduction to Mindfulness Course: supporting teacher wellbeing

As well as the workshop, each educator is provided with our 'Breathe' online course. One key outcome for school's participation in Pause Breathe Smile is improved teacher wellbeing. Supporting teacher wellbeing is very important to us.

Whakawhanuanga: connecting with educators and ongoing support

Once trained, we continue to support schools with online audio, video and print resources, a thorough educator handbook with structured lesson plans, opportunities to connect with other schools through Facebook and Zoom as well as regular opportunities to hear from emerging experts in Pause Breathe Smile implementation.

"One of the best PD days I've attended in a long time. A very valuable experience that we are all excited to share with our students."

- Mokoia Intermediate,
Teacher

"It is rare in education to do PD that benefits the teacher's wellbeing. It's usually always about the children. Teachers are so important and this PD really valued that."

- Manuka School,
Principal

"Thank you so much for the whakawhiti kōrero with Kay from Riversdale School, this was really informative and inspiring."

- Dipton School,
Principal



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