

Just for a moment: pause.

Come to a still position.

How does it feel to come to a still position?

Notice the feet in contact with the ground.

Notice any sounds around you.

Notice what is on your mind.

Notice your mood.

Become aware of your breath.

Notice the rising and falling.

Allowing yourself to be fully present.

Just for this moment.



## Setting an intention for learning.



Are you raring to go, or are you becoming aware of (exam) stress?



An online mindfulness practice session was facilitated to level-3 Chemistry students in the online revision week during Covid-19. Students were guided to concentrate on their senses and breathing, clearing headspace to think and regulate emotions.



*"I know we all enjoyed your session and I'm sure more would join if we had another. May be a practice I will be pursuing more in the future."*



What might facilitate or hamper student acceptance of grounding attention and intention into learning?

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