



Launching Intentional Stillness Lessons

As part of the Harry Kane Foundation support to Bounce Forward, Kate Kane is developing lesson plans that will feature in the evidence-based Healthy Minds curriculum for secondary schools.

Kate has long had an interest in mindful practices, and is working with experts, teachers and students to spearhead new lesson plans to teach calming and focusing techniques as a way to nurture and build positive mental health.



Lesson overview

Lesson 1

Introduction to 'strong silence' & 'being present', learning simple techniques to calm and focus. This lesson will set the tone and let students know what to expect and the benefits of calm and focused spaces for improving psychological fitness.

Lesson 2

Using calm and focus to deal with anxiety. This lesson will teach skills and techniques to help young people understand and deal with anxiety.

Lesson 3

Using calm to help prepare for a good night's sleep. This lesson will help students understand how the techniques can be used to as part of healthy sleep routines.

Lesson 4

Connection to others. This lesson will focus on human connections – and why they are so important for a healthy mind. The 'social brain' will be introduced.

Harry Kane Foundation (HKF) launched on World Mental Health Day in October 2022 with a long-term goal of transforming a generation's thinking about mental health. The purpose of HKF is to help normalise conversations around mental health, tackle stigma and promote positive habits that build mental resilience and emotional wellbeing. HKF is committed to working with chosen partners, experts and organisations to enable awareness, educational tools, and support services.