

A MINDFUL MOMENT – RAISING MONEY FOR OUR UK CHARITY PARTNER

A Mindful Moment

Mindfulness helps students regulate their emotions, promotes good mental wellbeing, and boosts learning!

So, at 11am on Friday 10 May, we're inviting schools across the world to join us in *A Mindful Moment*.

The idea is for classes to set aside thirty minutes to take part in a range of mindful activities, learn relaxation techniques and breathing exercises, and raise money for mental wellbeing charities.

In the UK, we're super excited that we'll be raising money for [Beyond Shame Beyond Stigma](#), a new charity created by the campaigner Jonny Benjamin MBE. The charity raises funds for local initiatives across the country that provide educational and therapeutic programmes, including mindfulness, for young people, their families, and their educators. It'd be great if you could encourage your class to bring in coin donations on the day or to use the sponsorship form we've prepared.

Permission from your head teacher

For those of you hoping to fundraise as part of your activity on the day, here is a sample email you can forward on to your head teacher asking for permission to take part:

On Friday 10 May I'd like to set aside thirty minutes for my class to take part in A Mindful Moment, a global initiative to help raise awareness for mental wellbeing. Students will participate in mindfulness activities including relaxation techniques and breathing exercises, which helps their emotional, social and mental wellbeing. At the same time, we'd like to raise money for the charity Beyond Shame Beyond Stigma. I'd like to ask your permission and support in facilitating the fundraising aspect of the initiative, which will be conducted through coin donations on the day and /or using sponsorship forms. You can find more information on the website [here](#).

Sharing with parents

Once you've shared the news with your class you'll need to explain the activity to parents too and encourage them to help their kids raise money for our charity partner. We've prepared a suggested message you can send through ClassDojo to help get you going 😊

On Friday 10th May, our school is going to take part in ClassDojo's Mindful Moment initiative. It will see schools from all across the world taking part in the first-ever, global mindfulness lesson to raise money for mental wellbeing charities. In the UK we are collecting money for Beyond Shame Beyond Stigma which raises funds for local initiatives across the country that provide educational and therapeutic programmes, including mindfulness, for young people, their families, and their educators. Your child has a sponsorship form in their school bag, or you can download a copy [here](#). If you could help support them with their fundraising that would be great. Every £ will help raise money for a really worthwhile cause. Thanks!



ClassDojo

Sending in your school's sponsorship money

Once you've collected all the money your school has raised, you can send it to our charity via an online payment or by cheque.

Please make online donations at [Just Giving](#)

Please make your cheque payable to 'Beyond Shame Beyond Stigma' and post it to

Beyond Shame Beyond Stigma
PO Box 512
STANMORE
HA7 9JP

If you send in a cheque please quote your school's unique reference number (URN) on the back of any cheque that you send.

If you're returning your sponsorship money online or by post, don't forget to send all your sponsorship forms to the above address so that Beyond Shame Beyond Stigma can claim Gift Aid!

*Beyond Shame Beyond Stigma is a registered charity
in England and Wales (1179964)*

