

## Welcome to Our Kindfulness Space!

This is an aerial view of a 'Kindfulness Space' located in an airport or shopping centre. Spaces like these encourage us to be kind & mindful towards others: Kindfulness! A term coined by inspiring Buddhist monk Ajahn Brahm.

The focus here is on providing a respite from the potential negativity, anxiety and bustle of everyday life, and instead allows time and space to slow down, relax, and to take a moment to be kind to ourselves and those around us.

As you approach the space, adverts on the nearby walls of the airport/shopping centre are replaced with photos and artwork of natural landscapes e.g. forests. Some feature gentle non-patronising prompts to welcome you to the space and encourage a calm, kind and reflective mindset (1).

Here are some examples of prompts you can also try out, as you're reading this:

- Breathe in for 4 seconds...and out for 8.
- Relax any tension in your jaw.
- Take a moment to find one good thing in the room.
- Smile at someone standing or sitting next to you.

And here are some examples of alternative 'adverts':

- You are good enough as you are.
- We've left this sign blank so you can rest your eyes.
- Come and have a seat. Take a load off!

The space itself is surrounded by one curved wall (2) and two more walls to create an enclosed corner space (3). On the outside of the curved wall, there are signs announcing that this is a 'Kindfulness Space', explaining what this means and what to expect when you enter the space (4).

Inside, the walls are all decorated with real plants & forest imagery. Plants (all safe, non-toxic and low maintenance) also fill the edges (5) creating a calm and nature-rich shelter that also helps to further separate the space from the activity of the surrounding area.

There are two big screens (6) featuring gentle silent videos of natural landscapes e.g. oceans, forests, mountains, a murmur of starlings and other calming imagery.

In the centre of the space, there are twelve big soft chairs and four large spaces for wheelchair users (7). A built-in music system (hearing-loop friendly) allows you to use headphones (borrowed or your own) to select a soundscape of your preference. You can listen to soundscapes featuring birdsong, rustling leaves, ocean waves, gentle poetry and short guided meditations.

There are chairs that face the screens so you can watch the videos at the same time for a more immersive experience, or if you prefer not to look at a screen, there are seats facing away from them. These are all set around potted trees.

