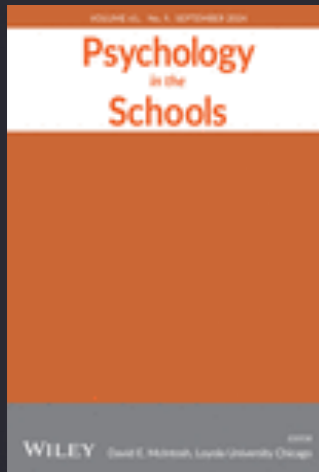




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ARTICLE

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## RESEARCH ARTICLE

WILEY

# “Let's keep calm and breathe”—A mindfulness meditation program in school and its effects on children's behavior and emotional awareness: An Australian pilot study

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### Abstract

This study aimed to understand how mindfulness meditation affects young people by examining its impact on self-regulation, happiness, emotional awareness, and school performance among two groups of school children. A 10-week mindfulness program was conducted by a meditation expert for 552 children aged 4–8 (Group 1) and 287 children aged 9–11 (Group 2). Results for the 4–8 years group (Group 1)

