



MINDFULNESS FOR CHILDREN

As part of our school development plan to promote positive mental health for all our children, Year 3 have been taking part in a 6 week Mindfulness training programme, led by Mrs Baker. Mindfulness is a method of becoming more aware of the here and now and can help children develop emotional resilience, concentration and relaxation skills that can benefit children both at school and at home. The six week programme has covered sensory awareness, mindful eating, how our bodies are linked to our feelings and emotions,

The children have really enjoyed the sessions and on Wednesday, parents and carers had the opportunity to come in and see some of the mindful practices the children have been learning and join in if they wanted to! The children demonstrated their mindful eating, with Starbursts which as you can imagine was their favourite part of Mindfulness and then showed some mindful walking! They practiced a Thankfulness meditation which fitted in with our Christian value of thankfulness this term. The children all then spoke individually about how mindfulness has helped them at school and home. Some of the quotes were “ Mindfulness has helped me to concentrate more on learning my times tables in class and get in my bubble so I don’t get distracted”. “ Mindfulness has helped me to stay calm in the playground because if I get angry I do my mindful counting and breathing to stay calm”. “Mindfulness has helped me if I feel anxious or upset because I do my mindful breathing or meditation and I feel peaceful and calm”.

Here are some useful websites and apps -

Websites

<https://mindfulmonsters.co.uk>

<https://kidsrelaxation.com>

<http://annakaharris.com/mindfulness-for-children/>

<https://mrsmindfulness.com/how-to-teach-mindfulness-to-children/>

Apps

Take a Chill

Sleepy Fish

Daniel Tiger’s Grr-ific feelings

Headspace

Hello Mind

Mindfulness for children

Calm