

Mindfulness

As part of our school ethos to promote positive mental health for all our children, Year 4 are currently 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.

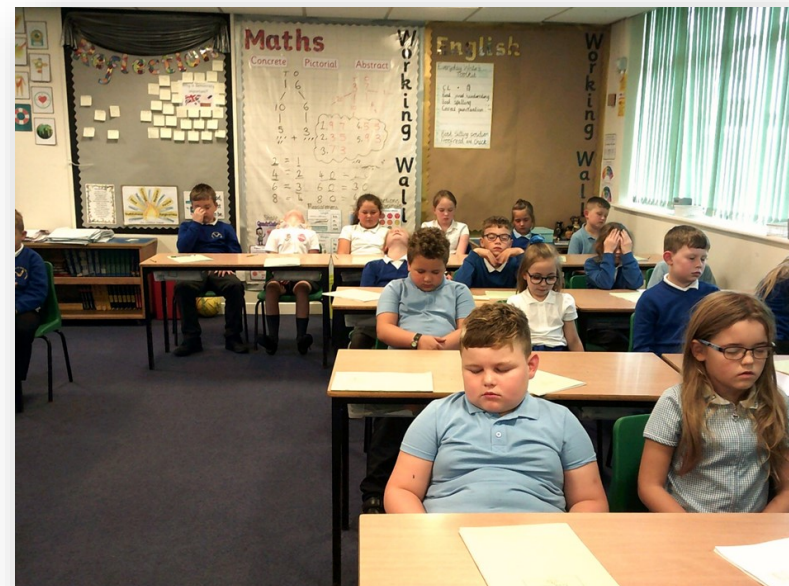
Week 2: Body Scan Meditation. Noticing our senses and how our bodies feel.



Week 1: Mindful Eating



Week 3: Learning to control our breathing as a response to stress, anxiety and anger.



Here are some photos of the activities we have enjoyed so far. This page will be regularly updated with new photos, activities to try at home and useful Mindfulness websites for children to practice mindful meditation and activities at home.