



Mindfulness

A Guide for Parents

What is Mindfulness?

Mindfulness is the idea of learning to be fully present and engaged in the moment, become aware of your thoughts and feelings without distraction or judgement.

Here are a couple of videos that explain mindfulness in further detail:

- ▶ https://youtu.be/mNojLd_Jbh8
- ▶ <https://youtu.be/OkYyui33gUk>

How can my child benefit from mindfulness?

- ▶ Wellbeing and Mental Health
- ▶ Concentration and Cognition
- ▶ Social and Emotional Learning
- ▶ Behavior

Why do our children need mindfulness?

- ▶ Mental Health Crisis: Teachers, along with other professionals, are well aware of the mounting mental health crisis ahead. The charity Young Minds' recent survey investigated **the mental health impact of the Covid-19 coronavirus pandemic in which 80% of respondents agreed that the coronavirus pandemic had made their mental health worse**. And in its second forecast of the mental health impacts on the pandemic, the Centre for Mental Health emphasises the impact on children and young people, calling for urgent, targeted investment in mental health support to proactively protect the mental health of children and young people.
- ▶ Improving Social and Emotional Learning in Primary Schools reviews the best available research to offer school leaders six practical recommendations to support good SEL for all children. It stresses this is especially important for children from **disadvantaged backgrounds** and other vulnerable groups, who, on average, have weaker SEL skills at all ages than their better-off classmates (EEF 2021)

Wellbeing and Mental Health

As well as helping them to recognise worry, manage difficulties and cope with exams, developing a more mindful awareness also helps children and young people to appreciate what is going well and to flourish.

Concentration and Cognition

Mindfulness trains us to understand and direct our attention with greater awareness and skill. This may improve the capacity of children to concentrate and be less distracted, as well as their working memory and ability to plan.

Behaviour

Mindfulness can help children to self-regulate more effectively, manage impulsivity and reduce conflict and oppositional behaviour. It should not, however, be used as a disciplinary tool.

Social and Emotional Learning

Mindfulness is often taught in the context of PSHE. It helps to develop a greater awareness of relationships and how to manage them (including difficult ones at home), as well as offering a richer understanding of things like self-esteem and optimism.

How we implement Mindfulness in the classroom

- ▶ Offer regular Breathing Breaks (Registration, Transitioning between lessons/breaks)
- ▶ Breathing Exercise cards/Posters, Yoga cards (Toolkits, Mental Health Ambassadors)- 'Technique of the week'
- ▶ Rewards/Incentives: Mindfulness Colouring, Yoto player, Mindful Tasting

School Aims

- ▶ For children to have an opportunity to be 'still' and become self aware in order for them to engage fully in their learning after break times
- ▶ To help children be mindful in all aspects of their lives
- ▶ To use the techniques to help staff and hope that all staff try mindful activities in their personal time
- ▶ To support a calmer and more peaceful environment for both staff and pupils in the school

Mini Meditation

► Here is a short meditation for you to try

Click here:

<https://video.link/w/fCrLc>