

What does being mindful mean?

Mindfulness means paying full attention to something, it means slowing down to really notice what you are doing. Being mindful means being in the **present** moment. Watch the video to get a better understanding of what being mindful means!

<https://www.youtube.com/watch?v=5ZzFqAPRcLI>

Why is it good to be mindful?

Being Mindful helps you:

- Pay attention better
- Learn more
- Stay calm under stress
- Avoid getting too upset about things
- Slow down instead of rush
- Listen better to others
- Be more patient
- Get along better
- Feel happier and enjoy things more

How are we mindful at North Primary?

Zones or regulation:

A very important part of mindfulness is identifying and naming emotions. At North primary we use the zones of regulation to identify our feelings and emotions in class.

We can offer 1-1 weekly mindful sessions:

Denva, our Trainee Play Therapist, can give your child their own space in the playroom to work together 1-1 to practice mindfulness. Some examples of this work could be working on positive self esteem, child led play work, calming down and breathing activities. Additionally, it is a safe space in which your child can talk about whatever they would like. The content of these sessions will be fully led by your child's wishes in the playroom. If they do not want to take part, it is their choice.

Taking this time alongside academic lessons can help your child reach their full potential in and out of the classroom. It can help your child identify more helpful behaviours and understand their emotions in a safe space. Play work has had positive effects on how children express their feelings and enhance their communication skills.

This is a new position at North Primary as the school recognises that these last years have been tough on the children. We feel this will be beneficial to develop and support the children academically, socially and emotionally.

If you think your child would benefit from a short course of weekly mindful sessions with Denva please contact the school office.

Listening Post: Listening post is a private space where ANY student can talk to a teacher. You need to fill out a form and put it in the red box post outside the library. A teacher will come and get you and you can talk to them about anything you like. The adult will not give you advice, but will listen to you. When you are finished the teacher will record that you came to the listening post and you will return to the class or to play outside.



How can we be mindful at home?

Practicing mindfulness a little bit every day helps you to build this valuable skill. These exercises help you practice mindfulness in 5 different ways. Try them all and see which one you like best!

1. Rainbow breathing activity: With this exercise, you focus on your attention to breathing. You want to pay attention to your breathing while you follow your arms with the rainbow colours. Sit in a comfortable way and follow the video.

<https://www.youtube.com/watch?v=I1bBI-BT9c4>

2. Mindful Mandala: Colour or drawing a mandala, a pattern that is often in the shape of a circle. Creating something within a circle, brings a sense of wholeness and helps us be aware of the present moment. Follow this video on how to draw your own mandala, print your own or find Denva at school for some printed mandalas.

Video: <https://www.youtube.com/watch?v=v7mpLtbgQbw>

Printable Mandadas: <https://mondaymandala.com/m>

3. Gratitude Jar: Expressing gratitude is about focusing on what's good in our lives and being thankful for the things we have. The gratitude jar will help you look for positives in your lives. It can be used each day or each way to add just one thing that you and your child are thankful for. The jar can be decorated with pictures, words or drawings. Make it as colourful as you want! You can decorate an actual jar, box or pot. Or you can draw a jar / box on a piece of paper and fill it.

Prompts for older children: <https://www.therapistaid.com/worksheets/gratitude-jar.pdf>

4. The five senses:

This activity is a good exercise when you are experiencing a moment of stress or worry as a way to reconnect. This can be said out loud or in your own head.

- What are five things I can see?
- Four things I can touch?
- Three things I can hear?

- Two things I can smell?
- One thing I can taste?

Younger students may name a single thing for each sense.

5. Yoga:

There are specific yoga videos that are just for children! These videos can help you relax, calm down and have a positive impact on your mood.

Yoga for younger children: <https://www.youtube.com/watch?v=jSZvMHlw9vs>

Yoga for older children: <https://www.youtube.com/watch?v=7kgZnJqzNaU>