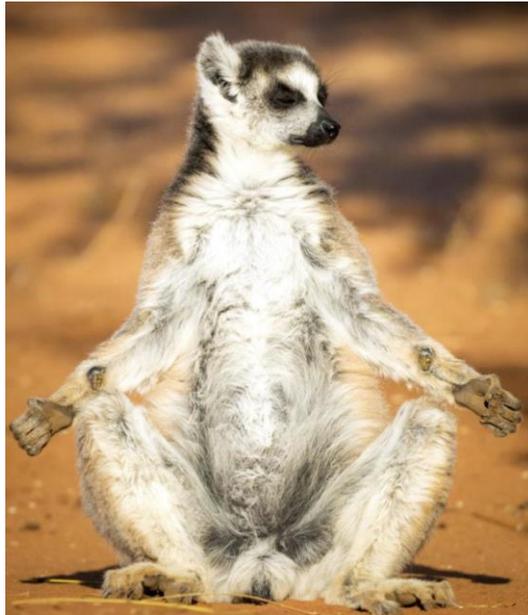


Developing mindfulness within SJB



Our mindfulness starting point

Teaching mindfulness started when school was given funding for an after school pilot program during winter 2018. When the project ended parents gave some positive feedback on the impact mindfulness was having on their children. Children who attended said it was fun and loved coming.

Our next step looked at delivering lunchtime mindfulness sessions during 2019 for years 2, 3, 4 and 5. The sessions were 30 minutes long and boy did we pack a lot of learning and fun into those minutes. We did this by doing lots of activities that supported children to develop self-awareness through using their:

- Breath
- Five senses
- Whole body movement
- Guided visualisations.

Again the lunchtime sessions were a big success. We looked at how we could develop this further.

Our next steps:

From the positive feedback both from parents and children we decided to build on what we already know. We decided to expand the mindfulness programme. So between September to November 2020 we delivered a training package for infant and junior aged children. This was our first step to a whole school approach.

Our second step is planned for March this year. We are looking to deliver and support class teachers to deliver mindfulness as part of their class routine so that children can continue to practice and nurture their growing minds.

Our aim for mindfulness is to:

- Develop an understanding of what mindfulness is.
- Explore the connection between mindfulness and our emotions.
- Develop self-awareness through mindfulness activities
- Explore and develop the use of breathing techniques as a way to calm and regulate our bodies.
- For children to use these techniques in everyday situations.
- To support children's mental health and resilience

So what is mindfulness? Mindfulness often has many different definitions, but to put simply mindfulness is an activity that nurtures awareness of the present moment and helps us to observe our thoughts, feelings and sensations when they surface in our bodies and mind.

Often we spend so much time thinking about the past or worrying about what the future will hold, we actually forget what it feels like to be just in the present moment. However, like any new skill mindfulness will take time to practice, the more you practice the stronger your mind will become.

Mindfulness can help children to:

- Relax their bodies
- Sleep better
- Regulate their emotions
- Reverse the effects of stress
- Calm their mind
- Let go of anxiety
- Develop self-esteem
- Handle difficult situations
- Become compassionate

What we will be learning?

- We will learn about our breathing.
- We will learn about how our mind and thoughts work.
- We will learn about our emotions and how they feel in our bodies.
- We will also learn about each other.

- We will learn how to be kind to ourselves.

