

what is mindfulness?



Mindfulness is the opposite of automatic pilot mode. It is about experiencing the world that is firmly in the 'here and now.' This mode is referred to as the **being** mode. It offers a way of freeing oneself from automatic and unhelpful ways of thinking and responding.

Mindfulness in September 2020

3 sessions per week.

Meditation

Breathing Exercises

Yoga

Mandala activities

Documents > Staff Only > 2020 - 2021 > Mindfulness and PSHE

Participating Fully

An aim of mindfulness is to allow yourself to consider the whole of your experience, without excluding anything. Try to notice all aspects of whatever task or activity you are doing, and do it with your full care and attention.

Meditation



Daily Journal
& Feelings
Tracker

All teachers will be expected to participate in all Mindfulness activities alongside their children, modelling the correct behaviours.



Mandalas

Benefits of understanding how our children are feeling on a daily basis.

Daily Feelings Tracker

Feelings tracking is particularly helpful for teachers and support staff as it provides them with an insight into how children are feeling on a daily basis. Children may be experiencing intense emotions or struggling with anxieties and changes due to the current situation. The tracker provides an opportunity to discuss these feelings with a child and where necessary refer them to our Pastoral team.

Note the date of this discussion on the back of the feelings tracker sheet.

Please take time to glance these over each day to ensure that we are offering our children the best possible support through these uncertain times.



How to Become Mindful

Mindfulness is a skill that takes time to develop. It is not easy, and like any skill it requires a certain level of effort, time, patience, and ongoing practice. Mindfulness can be taught in a number of ways. Meditation is one of the key techniques used in mindfulness training, but not the only technique.



MEDITATION
is the key to
happiness

Deep breathing can boost your energy and enhance your focus.

Encourage your children to say how these sessions make them feel and ask them to write their word choices on their sheet.



Why should we encourage children to take part in Yoga activities?

Yoga can enhance your **child's** strength, coordination and flexibility, while encouraging body awareness and self-esteem. It can reduce your **child's** anxiety and stress and promote a sense of calmness.

Yoga ... We teach children how to use their breathing to reduce their stress.

If we learn to be mindful, we may find a way to make different choices



Our aim at Costessey Primary School is to provide our children with



to help them to manage stress, regulate their emotions and have a positive outlook.