

# Box CE VC Primary School

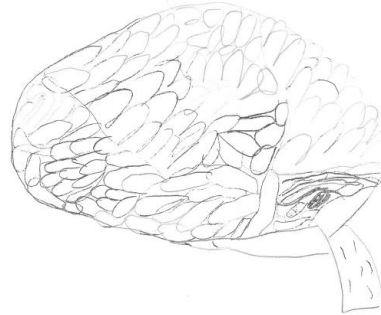


## Children's Mental Health and Mindfulness Leaflet

June 2023

### Our school and mental health

At Box Primary School, we think mental health is very important. We believe, it can help with most things in your life and future prospects. It can affect how we think and how we look after ourselves and others, so we work hard as a team and school to ensure every child has excellent mental health!



### How does mindfulness help us at Box Primary School?

- It helps us to concentrate in our learning
- It helps us to relax and reduce worries
- It allows us to spend time thinking about how we can make better friendships and solve issues
- It helps us to calm down when we have heightened emotions
- It allows us to slow down and think about our days and all the positive things which have happened

### What is Mindfulness?

Mindfulness has taken the mental health world by storm as it is a technique used to help people throughout their lives. It allows us to take control of our brains, notice our surroundings and stop and think before we continue our busy days. We love training our brain to think positive and calm ourselves down.

Mindfulness can be done anywhere, everywhere and everyone can benefit.

Perhaps in the classroom, garden or bedroom.



It isn't about the space where you are practising mindfulness, it is about your mental health and what you need.

How can we practise mindfulness in the school?

The five senses!



Reading!



Breathing!



Appreciation Time!



Remember!

In challenging situations, we stop, think what we need to do or say next and recognise how we are feeling.

Body Scan!



How can we practise mindfulness at home?

Remember mindfulness doesn't have to just happen in the classroom! Mindfulness is an activity which needs to be practised daily.

Below are some ideas for how you can practise mindfulness at home:

**Mindful Stretching**

Spend 5-10 minutes each day stretching out your body. Focus on your breathing and how your body feels. Try not to be distracted by things around you!

**Mindful Breathing**

Sit somewhere quiet in a seated position. Begin to inhale deeply for three seconds and slowly exhale for three seconds. When your thoughts begin to wander, come back to your breathing - try and do this for 3 minutes!

**Mindful Eating**

This one is a little more peculiar! We sometimes rush our lunch as we are time restricted. Instead, take your time to enjoy your lunch. Focus on the texture, the effort it takes to chew and the flavours flooding your mouth!

**Mindful Feelings**

When we feel panicked it is important that we acknowledge our feelings. Step away and observe your feelings. Take time to breath, feel it and disengage from the negativity.

Resources for parents and children to access

- [Mindfulness, Awareness, Senses | On My Mind | Anna Freud Centre](#)
- [Parents' Toolkit: Activities: Mindfulness and wellbeing - BBC Bitesize](#)
- [Mindfulness exercises and tips - Mind](#)
- [Mindfulness and staying present | Charlie Waller Trust](#)
- [Mindfulness - NHS \(www.nhs.uk\)](#)



Make space to think about what is happening around us!



It takes practise and can change your thinking and life!



Now, think of it as training your mind!



Develop how you use mindfulness to find inner peace!