

Well-being Wall

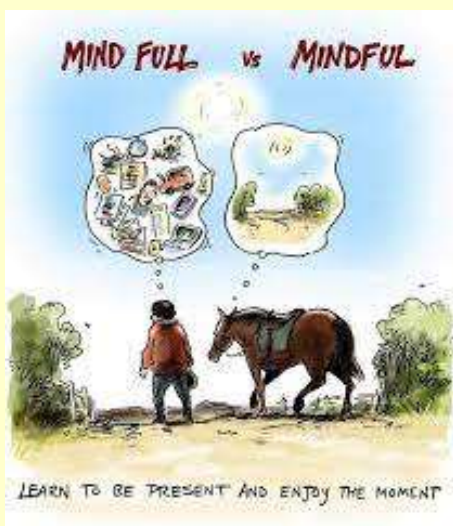
CALM

Catch a Light Moment

We are all so busy racing through the day trying to squeeze in as much as possible. It's the same for the children. When do we and they get to catch a breath? When do we and they have the chance to be mindful and not just have our minds full?

There is strong evidence that mindfulness can positively affect an adult's mental and physical health, but there is also growing research that mindfulness exercises for children can have significant benefits as well. Mindfulness improves attention, self-esteem, relationship quality, and concentration. It reduces anxiety and helps children to show greater empathy and emotional control. Teaching mindfulness helps children to take life in its stride, no matter what it throws their way. It helps them to stay in the present moment, be less reactive, and not get carried away with every thought and emotion. It promotes health and happiness.

We have added 3 short moments of **CALM** (mindfulness) for the children into our school day. The children take part in activities such as meditation and visualisation. This helps them to approach their learning with a positive mindset.



There are many great mindfulness ideas online:

<https://www.mindful.org/mindfulness-for-kids/>

<https://www.headspace.com/mindfulness/activities-for-kids>

