

Mindfulness



At Hardwick Primary School, we teach children a range of mindfulness techniques because we believe they have a positive impact on social and emotional development as well as helping to improve children's mental health and emotional wellbeing.

As a parent or carer, you want what is best for your child(ren). Throughout the stages of childhood, children can feel stress, anxiety and a range of positive and negative emotions. For some children who are having trouble coping with their emotions, these difficulties can manifest themselves in negative and challenging ways.

Mindfulness techniques can help children navigate tricky situations and turn a stressed and anxious child into one that is happy, content and feels in control of their emotions.

What you can do at home

1. TALK TO YOUR CHILD

Ask them how they are feeling, if anything has upset them recently and show compassion, no matter what their answers.



2. HELP THEM RECOGNISE THEIR FEELINGS



Of course your child recognises their emotions when they are at extremes. But, how are they recognising the feelings that lead up to the extremes? You can help them become aware of these subtle changes in mood and emotions. A good place to start is when your child is happy or content. Ask them how they are feeling, ask them about how their body feels. Later, use this same technique when your child is upset. Ask them how their stomach feels, how the muscles in their body feel. Help them discover where in their bodies that they physically feel emotions. As your child becomes tuned into these subtle body changes, they will be able to recognize them before they reach an unpleasant extreme.



3. SPEND TIME TOGETHER

Go for a walk and point out things to your child that they may not have noticed before, and have them point out things to you. Your child notices an incredible amount of detail every day. Help them realise it by stopping to experience it with them.



4. TEACH THEM TO BREATHE



This should be introduced when your child is calm. Show them how to breathe in deeply, hold it for a second and then slowly let it go. If you have a younger child, or one that is influenced by imagery, you can add the visualisation of blowing a certain colour out when letting go of the breath. For example, if the child is angry, they can blow out red; if they are feeling peaceful maybe they will blow out pink or purple. Have them place a hand over their chest and stomach and feel their own breath coming in and going out of their bodies.

Apps your child can use at home

A range of Apps are available to support Mindfulness. The NHS recommends the following which are age appropriate and free to download from



Mindful Powers™ App (4+)

Mindful Powers is a child-centred, holistic approach to building social-emotional learning through the power of play. It is built on a skills-based methodology that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety, and it empowers them to bring calm to their lives at the touch of their fingertips.

The concept for Mindful Powers centred around the hypothesis that children would feel calm after smoothing and soothing a central character, named Flibbertigibbet, in conjunction with voice-guided mindfulness stories.

Children begin their mindfulness journey with Mindful Play – a series of progressive voice-guided stories that teaches them how to master the power of mindfulness.

Mindful Gnats (4+)

Mindful Gnats is an app designed to teach young children simple mindfulness and relaxation skills. It can be used to help mindfulness practice.

These skills can help to reduce stress, and improve awareness of your body, mind and world. The app features eight exercises to raise awareness of body, mind, and world.



Chill Panda (4+)

Chill Panda features a chilled out panda and his wise friend. Children can play games featuring the panda, monitor their own heart rate and learn simple breathing/ relaxation exercises and yoga techniques. Children are encouraged to take part in a variety of playful tasks and activities, including breathing and light exercise to help them develop mindfulness techniques.



If you would like support from school please contact the office on 01332 272249 or by emailing:

admin@hardwick.derby.sch.uk

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