

Mental Health and Well-Being at Ivegill C of E School

Mindfulness

By teaching children mindfulness skills we help them increase their well-being and enable them to meet the stresses of the world with presence, self-compassion, and openness.

If you have difficulty letting go of thoughts, consider practicing some mindfulness breathing techniques, meditation, talking, writing or simply moving.

Mindfulness Techniques

Talk- Talk about your feelings, they can seem much worse in your head especially if you don't talk about them and let them build up. Find someone you can trust.

Calming box – Fill a box with things that calm you, for example a fidget spinner, paper and colouring pencils, happy photos, your favourite snack.

Journaling – Writing or drawing about how we feel can help us to stop the thoughts going through our minds.

Move- Any kind of movement is a great way of releasing the build-up of excess energy. Go for a run, do some stretching, yoga or crank up some uplifting music and dance around the house

4 Mindful Breath

Practices for Children

1. Belly Breathing

When breathing in, the belly expands slightly; and when breathing out, it contracts. Do several rounds and return to normal breathing.

2. Mindful Breathing

Simply notice the breath and feel it move in the body. You can add visuals and words to make the practice more engaging.

3. Teddy Bear Breath

This is a great variation of the belly-breathing practice for little ones. Have them lie down with a teddy or stuffed animal on their belly, and let them watch as it moves up and down while they breathe, as if they are rocking it to sleep.

4. Four Square Breathing

This practice is a useful tool for older children. Breathe in for a count of four. Hold the breath for a count of four. Breathe out for a count of four. Hold the breath for a count of four. Do several rounds and return to normal breathing.

Useful Links

As ever, if you feel like you would like to talk to one of the team, please email us on parents@ivegill.cumbria.sch.uk, or through the class teacher.

Many thanks

Mr Trickett

