



Wombwell Park Street Primary School

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Dear Parent/Carer

Wellbeing and Mindfulness information and resources

I would like to make you all aware of some amazing resources that are out there with regards to mindfulness. These resources can be used by anyone, including yourselves, to help in difficult times such as these which we are all experiencing. It is important, not just with the current situation, that we all make time to be in the 'here and now' to keep our minds healthy. Please find below further information about what mindfulness is and why it is important.

What is Mindfulness?

Mindfulness is a technique that helps us pay attention to what is happening around us, in the here and now. It is a time where we notice our breathing, our thoughts, feelings and our distractions. Through setting aside time to be in the present and move away from the things that distract us, we can develop the skills needed to be able to cope with and refocus our attention on learning, life and the world around us.

Why is it important?

Mindfulness helps everyone, not only children, to keep our minds healthy. Through regular relaxations and meditation, it helps to improve the following areas:

- concentration
- anxiety and stress through providing healthy coping strategies
- the ability to regulate emotions
- develop a positive outlook on situations
- gain a better understanding of our mind and how to stay healthy and happy.

Useful websites

Here are just a few websites that you can use, to begin to meditate at home together. Please feel free to use and adapt them to your level. You will find that over time, the length of meditation should begin to increase. It may be worth starting with a one or two minute exercise of meditation before using the longer sessions.

<https://www.youtube.com/watch?v=m5RkzsbaPiE> (two minute sitting like a frog exercise)

<https://www.shambhala.com/sittingstilllikeafrog/>

https://www.youtube.com/results?search_query=peace+out (meditation for younger children by Peace Out)

<https://www.smilingmind.com.au/mindfulness> (smiling mind provide a free app to download)

<https://www.youtube.com/channel/UCGYeWtdm9GXYcdgkLph9Rcw> (meditation by FableFy)

<https://www.youtube.com/watch?v=svQGpHjmEWM> (Dojo meditation)

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Every Child Matters Academy Trust
Children at the heart

Here are some further activities that you could do at home. For more information about each one please visit the following websites below:

1. **Making a sound** – ring a bell and ask the children to listen carefully to the sound and when it finishes.
2. **Breathing** – ask the children to use a cuddly toy with this exercise focusing on each breath they take.
3. **The Squish and Relax exercise** – ask them to tighten different muscles in their body – hands into fists, stretch the arms above the head, tighten the leg muscles and then relax them.
4. **Smell and tell** – give something fragrant for example, a fresh orange peel, a flower, a mint leaf and focus on the smell. This helps the child to develop the feeling of calm and relaxation. A good way to help when feeling anxious or stressed.
5. **The Art of Touch** – give an object to each child to touch, such as a ball, a feather, a soft toy, a stone. Explore how it feels
6. **Mindful walks** – notice the sounds around such as birds singing, vehicles travelling and so on. Use the senses of what you can see, hear, feel and touch.
7. **Positive sharing** - ask the children to share one thing that they are grateful for. You can do this as a whole family.
8. **Personal weather report** – ask the children to best describe their feelings at the moment. Are they sunny, rainy, stormy, calm, windy etc? How do they know they are feeling those feelings? Where do they feel them in their bodies? Ask them which feelings they like best?
9. **The Heartbeat exercise** – ask the children to jump up and down for one minute. After that encourage them to sit and rest their hands on their heart. Ask them to close their eyes and feel their heartbeats, their breath and whatever else they notice about their bodies.
10. **The Mindful jar** – (glitter glue in a clear jar) this activity can help the children develop a better understanding of how strong emotions can take over and how to calm down when these emotions happen.

<https://mindfulness4u.org/mindfulness-activities-children/>

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

<https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today/>

I hope you find these websites useful, especially during the current circumstances. I hope that you are staying well, safe and smiling. There is a rainbow out there somewhere, just keep looking.

Warm wishes,

Miss Grayhurst (Behaviour and Thrive Leader)