

Mindfulness

Crampton PS
Cobourg PS
Dog Kennel Hill PS
Rotherhithe PS



Brain breaks three times a day
nursery to year 6:
Mindful activities

tasting

seeing

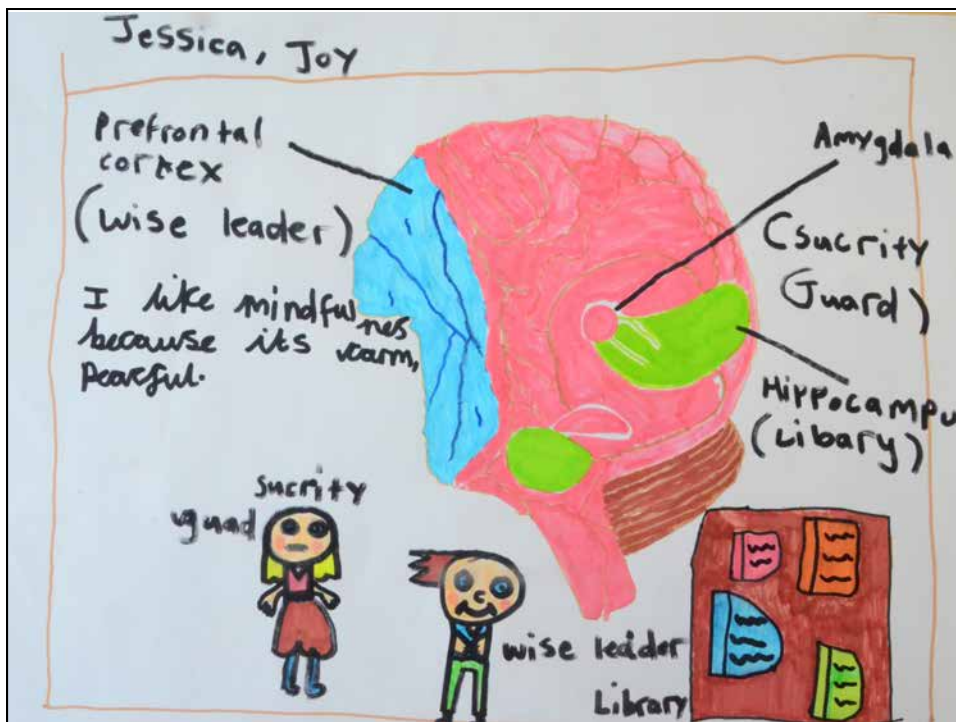
listening



Mindful
smelling

Mindful movement

13 lessons on neuro science and how our brain works



A universal language to describe what happens to your brain when you are angry sad etc.



Impact to date: 4 schools feedback

- Children calm and ready to learn (especially after play, lunch and other transitions)
- Children use the breathing as a strategy to manage stress/anger/upset
- Children clear about why their brains are behaving that way and that they can change it
- Staff really enjoy it too
- Children who have struggled with managing their own feelings and behaviour have been actively using the language and the breathing to articulate their feelings and to use the breathing to calm down.

Second wave of training

- Parent workshop to share the approach and teach the brain break to use at home
- Displays on mindfulness in rooms and children have made posters for the school
- New lessons:
 - Perspective taking
 - Choosing Optimism
 - Appreciating Happy Experiences

What the children say

- “When I’m crazy, it helps me calm down”
- “ For once in my life I can close my eyes and it’s restful”
- “I teach my brother to do the brain break. I don’t hit him anymore”
- “ MindUp helps me be calm after I’m excited at break time”
- “It helps me relax and I can concentrate more”
- “ I used a BB at home when my brother dropped tomato soup on my dress and it really helped me calm down”
- “I feel more refreshed after I do the BB”