

Mindfulness

Mindfulness means paying full attention to something and embracing the present moment. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. In school, we promote this through daily meditation and breathing exercises. We encourage all children to "have a go" at the activity, even if they feel it's something they may not use in the future. With practice, some children develop an understanding of how these activities and strategies can support their wellbeing.

Try this mindfulness breathing exercise video to help you feel calm and present.

[Mindful Breathing Exercise](#)



You might also want to try this guided meditation from "Peace out". They have lots of guided meditation videos on YouTube

[Friendly Wishes \(Peace Out: Guided Meditation for Kids\) | Cosmic Kids](#)

Where can I get support as a parent/carer?

There is a lot of information and support services available out in our community and nationally, but sometimes you need to know where to go. Below is a list of local and national support services that may be able to provide parents/carers with some further support for your child, or for yourself.

If you ever have concerns about your child's mental health and wellbeing, please speak to their class teacher in the first instance. We want to work together and communication is the key. From here, we can discuss how best to support individual children as needed.

Links for wellbeing

- <https://eikon.org.uk/> is a charity helping young people and families in Surrey
- [Young Minds](#) is the UK's leading Mental Health charity that offers support for children, as well as advice for parents

[Cosmic Kids](#) is a fantastic online source of fun and engaging Yoga and Mindfulness videos to help children enjoy physical, emotional and mental health benefits. You can find their YouTube channel [here](#)

- [Place2Be](#) is a charity that aim to improve children's mental health by working with schools. It has lots of great resources and information that you may find useful
- The NHS "[Every Mind Matters](#)" shares some advice on supporting children's mental health
- [Action for Children](#) shares some great resources and ideas on supporting children's mental health
- [Anna Freud](#) offers a range of support for Children's mental health, including a youth wellbeing directory