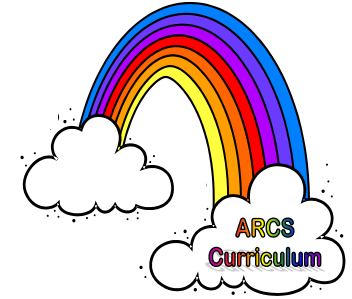


- Mindful eating
See if you can chew and savour one bite of food (maybe a raisin, a cranberry or a chocolate button). How does it change? Does the flavour stay the same? Try to slow down at meal times and really concentrate on your food.
- Mindful breathing
Try imagining your breath moving, like smooth waves rolling in and out at the beach. Keep the picture of the ocean in your mind. Watch the waves come in and out.
- Mindful gardening/caring for things
Just as seeds change, so do we. Plants grow in different ways and at different speeds. Help a seed grow with your care. You'll need patience for this! Caring for a pet can be an even more rewarding experience.
- At the end of the day spend a few moments thinking about what went well and what you are grateful for

*"The past is already gone, the future is not yet here.
There's only one moment for you to live,
and that is the present moment"
Gautama Buddha*

There are many mindfulness books available for adults and children, as well as online resources. For example, <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

There are also numerous apps - we use 'Calm' in school. The basic level is free to access and has lots of great resources.



Evelyn C.P. School

'An Introduction to Mindfulness'

By Mrs D. Murray



**Evelyn Avenue,
Prescot,
Merseyside, L34 2SP
0151 477 8570
evelyn.de@knowsley.gov.uk**

Published Oct. 2019

'Inspiring minds - striving for excellence - nurturing dreams'

"In today's rush, we all think too much - seek too much - want too much -and forget about the joy of just being."

Eckhart Tolle

What is Mindfulness?

We can be thinking about a conversation with a friend, practising a hobby, worrying about something we have to do and be distracted by something on the television - all at the same time!

In mindfulness, you put all your different thoughts to one side and focus on what is happening RIGHT NOW.

Mindfulness is focusing on the present moment, using your senses.

In mindfulness, you try to focus your attention on one thing.

At Evelyn CP School children learn about and practise mindfulness. They experience Peace and Harmony sessions throughout the school, as well as '10 Minutes A Day' calm activities in class. Mindfulness is also one of the 'Keys To Happiness' that children learn about as part of the PSHCE curriculum.

Why is Mindfulness important?

With practise, your attention can become stronger.

We can learn that when we feel stressed or worried, we can come back to focus on a breath or on our senses to help us feel calm. The more we do this, the calmer we can feel. In turn, this improves our resilience, self esteem and concentration.

Research confirms that for children, mindfulness can:

- Mitigate the effects of bullying
- Enhance focus in children with ADHD
- Reduce attention problems
- Improve mental health and wellbeing;
- Improve social skills when well taught and practiced in children and adolescents.

Fostering mindfulness in younger children, with tools like pictures, objects, food, simple movements, and music, can help them develop an ability to focus attention at a great level.

*"We can't control everything that happens,
but we can control our experience of those things"*

Headspace

Mindfulness activities

Here are some activities that we hope you will find useful. Many people find mindfulness difficult at first - we all have minds that like to wander! Try some of these yourself before introducing them to your child/children. Maybe you can find one activity that works for you.

- Mindful walking
Go for a short walk in nature. Don't rush! Use your senses to take everything in. What can you see, hear and smell? Can you collect things as you go? What do they feel like?
- Mindful colouring
There are many colouring or drawing books available with lots of different themes. See how your mind feels after just 10 minutes focus.