Dear Parents

As you know, at Clavering Primary School a principal part of our ethos is a strong belief in the importance of the emotional and mental health and wellbeing of our children, staff and wider school community.

Our staff have all completed a Mindfulness course and we have teachers further trained to deliver a Mindfulness curriculum (Paws B) in class. We have worked to embed a strong ethos within all classes of an awareness of mental health and the children are taught to practise strategies to help their own wellbeing.

In these very different and challenging times it is more important than ever that we all take time to take care of our mental health and wellbeing so we have put together some ideas to enable you to try working with your children on some mindful activities. These could be very simple calming activities such as colouring or shaping play dough in a peaceful environment, perhaps with carefully chosen music playing, or going for a mindful walk, noticing the new colours and smells of spring

There are some very good guided practise for Mindfulness for children on line which you could try with your children.

**Early Years and Key Stage** **1**: Cosmic Yoga sessions which include gentle exercise and visualisations may be familiar to your children as they have practised them in class. There are a variety of sessions that you can find online, for example Squish the fish adventure <https://www.youtube.com/watch?v=LhYtcadR9nw>

**Key Stage 2:** Years 4, 5 and 6 children have experienced several Paws B sessions in class and should be able to share short practices for breathing and meditation such as finger breathing and petal breathing. There are some good on line guided practices for children, for example

<https://www.youtube.com/watch?v=shR8DLyOkcg> or

<https://www.youtube.com/watch?v=Bk_qU7l-fcU> (this is good but may be a little long so perhaps try just 3 or 4 minutes to start)

These are especially for children but just as good for adults to do too, so do give it a try alongside them. If you were wanting some for adults this is a good place to start

<https://www.youtube.com/watch?v=ZToicYcHIOU>

If you would like to try some there are again some especially for children available on line. You could try <https://www.youtube.com/watch?v=X655B4ISakg>

Dancing and singing are also great ways to improve mood and well being and there are plenty of these available, even online Zumba.

I do hope that you and your children can find some time to set aside to try some of these ideas and would really welcome your feedback so do let me know what you tried, how you found it and any comments from the children. Also, please let me know of any other resources of this type that you have found to be successful.

All the best

Lynn Lipscomb