

Hi there everyone,

Here is your weekly mindful moment activity.

The more we practice, the more normal using mindfulness and relaxation as a coping strategy will become. So let's get everyone involved, share with your Headteacher and spread the word with your staff team. Most importantly, enjoy!

If you don't want to receive these weekly emails please let me know and I'll take you off the list.

Remember-

The Benefits of Mindfulness:

- **Body and Emotion regulation:** when our bodies and emotions are balanced and appropriate in our lives
- **Insight:** "self-knowing awareness"...this is key to building positive social connections
- **Attunement with others, i.e."resonance"**. This leads to the other person's experience of "feeling felt", of being understood. When children become more "tuned in" to themselves, they are more "tuned in" to others around them
- **Empathy:** allow us to see from the stance of another person's experience, imagining others' reality and perspective
- **Better Impulse Control/Response Flexibility:** the capacity to pause before taking action (this is key with children and teens!); being able to consider a variety of possible options and to choose among them.
- **Fear modulation:** our ability to calm and soothe, and even unlearn, our own fears
- **Intuition:** access to awareness of the wisdom of the body
- **Increased Attention Span:** practice of paying attention can build our attention muscles in our brains
- **Morality:** taking into consideration the larger picture, imagining and acting on what's best for the larger group rather than just ourselves

From: The Mindful Brain by Daniel Siegel, MD

This week's mindful classroom strategy is;

The cosy castle guided relaxation.

Create a nice calm feeling in the room (maybe close the blinds/reduce lighting and put some relaxing music on to calm children before the activity) encourage children to get in a comfortable space- give them the option to close their eyes if they want to.

Then calmly read through the guided relaxation that I've added below.

Afterwards- encourage children to think about how this made them feel afterwards and to think about how they know they feel calm/relaxed. What has happened to their bodies/thoughts?

Good add on activity towards the end of the week might be to draw the starry sky and think about their achievements this week and write some of the achievements on the stars. This could then be taken home or laminated and put up in the classroom.

Cosy castle

Let's go to a magical place with our imagination. Just close your eyes and allow your body to begin to relax. We're going to a cosy castle high in the clouds. This is a special, magical castle... where dreams come true.... where we can relax and just enjoy peaceful, cosy moments.

Imagine now floating comfortably on a soft white cloud. It feels so good just to rest and relax here. When you're ready, imagine that the cloud brings you to the entrance of a beautiful castle. This is the Castle in the Clouds. Step inside. The only sound is the soothing crackling sound of fire in the fire places. It warms the castle and you feel so comfortable and good here. There is a feeling of happiness and goodness in this place. The whole castle is filled with the relaxing smell of lavender and it calms you even more. You feel lucky to be here and experience the warmth and peace in this place.

Now, walk down the halls of this special castle. Notice one door that seems to invite you inside. A feeling of welcome washes over you. Peek into the room and see your own name above a very soft pillowy bed. The bed must be magical because as soon you sit down on it... it welcomes you to fall back into it and just relax all your worries away.... You cannot think of anything else right now except how wonderful and peaceful it feels here... how good you feel inside. You know this is your special place and you can come here whenever you want, just by thinking about it.

You feel all the stress and worry leave your body immediately... Calm, tranquil feelings wash over

you. This is your place of peace. You know that no matter what is happening around you, you are welcome here to relax and feel peace.

Look up now and notice a beautiful brilliant star visible in the sky, then another, then another. You realize you are lying on a soft bed now under the open sky. Soon the velvety black sky is completely lit with shining stars like diamonds. The view is so beautiful and serene that you can't take your eyes off the stars.

You might feel an urge to stretch your hand and touch the sky. Give it a try – who knows what can happen in a magical castle. As you stretch out your hand, to your amazement you can actually touch the stars. Choose a star and simply pluck it out of the sky – it's OK. Now you see some writing on the star as you look closer. It has your name on it. It mentions a time when you were a little nervous about something, or felt stressed by a situation, but instead you choose to face your fear and handled the situation bravely. The star you hold in your hand was created to honor your achievement.

A warm rush of happiness and pride overwhelms you. All these stars are your achievements! You study the whole sky carefully. So many stars, so many achievements! You promise yourself that you will continue to work hard to get these stars of glory in the sky of your heart.

Feeling immense feelings of peace, calm and happiness filling up your heart and soul, you peacefully carry on with the rest of your day in a nice relaxed and calm way.