

Loseley Fields Wellbeing Newsletter

Issue 3

Mindfulness

Following on from last week's newsletter on self-regulation, we are going to be focusing on Mindfulness which ties in with self-regulation very well.

What is Mindfulness? Well, Mindfulness about finding strategies to calm the mind depending on the situation you are in. There are huge benefits to practicing Mindfulness. It has been shown to: *decrease stress, anxiety and depression, allow connection with the yourself, bring a sense of peacefulness and clarity, increase self-awareness, develop your own confidence, decrease worrying thoughts and allow compassion and empathy to grow, improve sleep, strengthen the immune system and improve concentration and memory.*

Being Mindful in everyday life can be encouraged through simple activities such as cooking, eating and helping out in the garden. Simple activities to promote Mindfulness include: jigsaws, colouring in books, arts and crafts activities, nature walks, listening to music and sports.

6 tips for teaching Mindfulness to children:

1. Practice Mindfulness yourself – the more you do it, the more likely children will want to engage with it.
2. Get the children involved – set aside some time to explain what Mindfulness is and why it is important.
3. Start small – Mindfulness doesn't need to be long.
4. Make it a habit – allocate time each day to practice it together and choose a time that works for you all.
https://www.actionforhappiness.org/media/852570/march_2020.jpg - good website for ideas.
5. Get moving – You don't need to be still to be Mindful. It can involve movement. Yoga is perfect: *Cosmic kids on YouTube, lots of different videos to try out.*
6. Be patient – changes take time. Consistency is key.

Mindful Activities for children to try at home:

Counting Breaths – sit comfortably with eyes open or shut and listen to your natural breathing. Count the breaths in and count the breaths out. You can repeat this as many times as you like.

Blowing bubbles – Have a small bottle of bubbles and encourage the children to gently blow bubbles. Can they blow the perfect bubble?

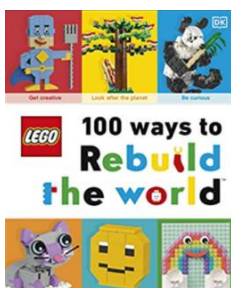
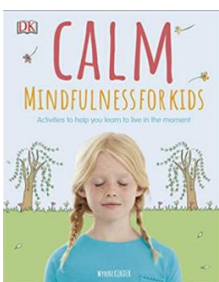
Breathing buddies – Bring a teddy or any soft toy, lay on the floor and put the teddy/toy on their stomach. Breathe in silence for one minute, watching their teddies going up and down on their tummy.

My beautiful place – visualise a beautiful place that makes you feel happy and calm.

Make a calm jar – get a jar, some glitter glue with water and a few drops of food colouring and whisk together until it is all mixed. Secure the lid onto the jar and shake it when you need time to calm.



Book ideas to use at home, all available on Amazon:



Next issue: Place2be Children's mental health week.