



## Mindfulness and Relaxation at Insch School

### What do we want to achieve through our daily relaxation/ mindfulness sessions?

- To develop **focus and concentration** skills in learners
  - To develop **self-awareness** in learners
- To teach learners to use the relaxation techniques when feeling **stressed/ anxious/ worried** as well as in structured class relaxation session.

### In our classes, we expect:

- **15min sessions after lunch - daily**
- A **seamless transition** from lunchtime into relaxation session (from corridor to classroom)
- **Appropriate atmosphere:** dimmed lighting, relaxing background music, silent children
  - **Quiet, calming activities**, varied throughout day/week
    - Pupils are **focused** on mindful activity
    - Learners **know what they are doing and why**

### You will find these activities going on:

- Yoga
  - Breathing exercises
  - Mindfulness colouring
- Sensory experiences: slim, putty
  - Meditation
- Mindfulness Seeing exercises
- Mindfulness Hearing exercises
  - Massage
- Calm down areas with cushions/ blankets
  - Reading /Storyline

### You will not find:

- Children unsure of the task
- Children wandering around the class
  - Children talking
- Children off task/ distracted
- An energetic high energy environment.

Teachers discussed and shared expectations and good practice as a staff on 13/11/18 and agreed the followed. *November 2018*



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**Some tried and tested resources to promote Relaxation and Mindfulness.**

Relaxation (You Tube)  
Cosmic Kids Yoga  
Darth Vader breathing  
Massage tools: paint rollers.  
Blankets  
Mindful colouring sheets  
Cushions  
Smile  
Putty  
Stones/ pebbles/ timer/ water beads - for mindfulness seeing/ feeling  
Books  
Tents  
Teddies: put the teddy on your tummy and breath/ watch it rise and fall  
Happy tent player iPlayer  
Guided meditation for kids (you tube)  
Story line online for mindful hearing  
<https://annakaharris.com/mindfulness-for-children/> for more on Mindful hearing, Seeing.  
Timetable widgets (on shared widget folder)  
Ear defenders  
Go Noodle  
Breathe like a Bear - calm and focused book techniques  
Pants of Peace - meditation book  
Relax Kids Mindfulness/ relaxation cards  
Sensory beads  
Tibetan bowl for Mindful hearing/ feeling  
Playdough

*There are many others .....*