

Subject: PSHE

Unit Title: Mindfulness- Supporting our Mental Health and Wellbeing

Learning Objectives and Aims:

- To support the development of personalised MAPP learning intentions within the context of this unit.
- To develop strategies and awareness in supporting mental health and wellbeing.
- To develop sensory, body and spatial awareness.
- To develop skills and strategies for identifying, recognising and self-regulation of emotions.
- To develop a numinous sense and opportunities to experience awe and wonder.

Suggested Lesson Activities & Unit Coverage:

- ❖ Mindfulness is developing skills for being the moment and an awareness of our immediate environment- pre-requisite skills supported include: listening and attention, stillness, sensory awareness, body awareness, feelings.

Activities can include:

- ❖ Meditation- an introduction to basic techniques used in meditation for children; breathing exercises; body positioning; stillness; thinking of 3 positive things e.g., what makes you proud, who makes you happy, what have you enjoyed today? Meditation for children can also include elements of nature and relating thinking and activity to trees, sun, wind etc- our body a tree sitting up tall, stretched out arms, fingers as leaves reaching for the sun. [www.mindful.org](http://www.mindful.org). Establish a daily or weekly routine in class, end of day reflection time to include meditation session.
- ❖ Daily walk- getting in tune with nature and our environment. Practise using our senses to tune in to the world around us and noting sounds, objects, wildlife, plants, weather. Note the changing seasons as the year progresses.
- ❖ Yoga- introduce basic yoga for kids, as a specific weekly PE session or block of sessions for the term.



- ❖ [www.mindfulmazing.com](http://www.mindfulmazing.com) – resource package available electronically in school, suggested activities, meditation exercises, yoga programme.