

Mindfulness and Wellbeing Club

Mrs Lane, our Year 4 teacher is passionate about wellbeing. She runs the mindfulness and wellbeing after school club for Reception, Year 1 and Year 2 children. Here, she tells us about what they have been up to.

“To introduce the children to mindfulness we began the term by learning breathing techniques. When we teach mindful breathing to children, we give them a life long tool for managing their stress and cultivating inner peace. Each and every one of us has the ability to feel calmer, more relaxed, and more alert at any given moment. This ability is called ‘Conscious Breathing’. Whenever we use it, we are less stressed, more mindful, more creative and just plain cooler and kinder. To support our breathing, we made breathing wands from cardboard tubes to help us when we are feeling sad or angry. We have also enjoyed reading a variety of mindful books about managing our emotions. We really enjoyed listening to the story Silly Billy which was all about worries. We made wonderful peg worry dolls to pop under our pillows at night to help our worries disappear and enjoyed using our great fine motor skills for threading to make some amazing dream catchers”.

