

Manor Primary School

Briar Ave, Streetly. Sutton Coldfield. B74 3HX

Website: www.manor.walsall.sch.uk



Research links:

<https://www.mindfulschools.org>

MINDFULNESS

Mindfulness can be defined as the mental state achieved by focusing on the present moment whilst also accepting our feelings, thoughts and bodily sensations. By integrating mindfulness into the school day and taking into account the needs of the whole class we can arm our children with lifelong skills that support their current and future mental health and wellbeing.

Breathe! Deep breathing is nature's way of relaxing the brain and the body.

Yoga – using aspects of this in our PE curriculum for relaxation.

'A mind to be kind' encouraging acts of kindness, living without harming others, respect

Mindful doodling (Austin's Art)

A weekly session on a Thursday afternoon throughout the school with a starting point of a squiggle, line, dots, music or artist inspired.

It relaxes the mind, and allows the learning to make connections in the brain.



Our children comments: 'It makes me feel calm' 'It's unlimited'
'It makes you think' 'I improve my colouring and drawing skills'



