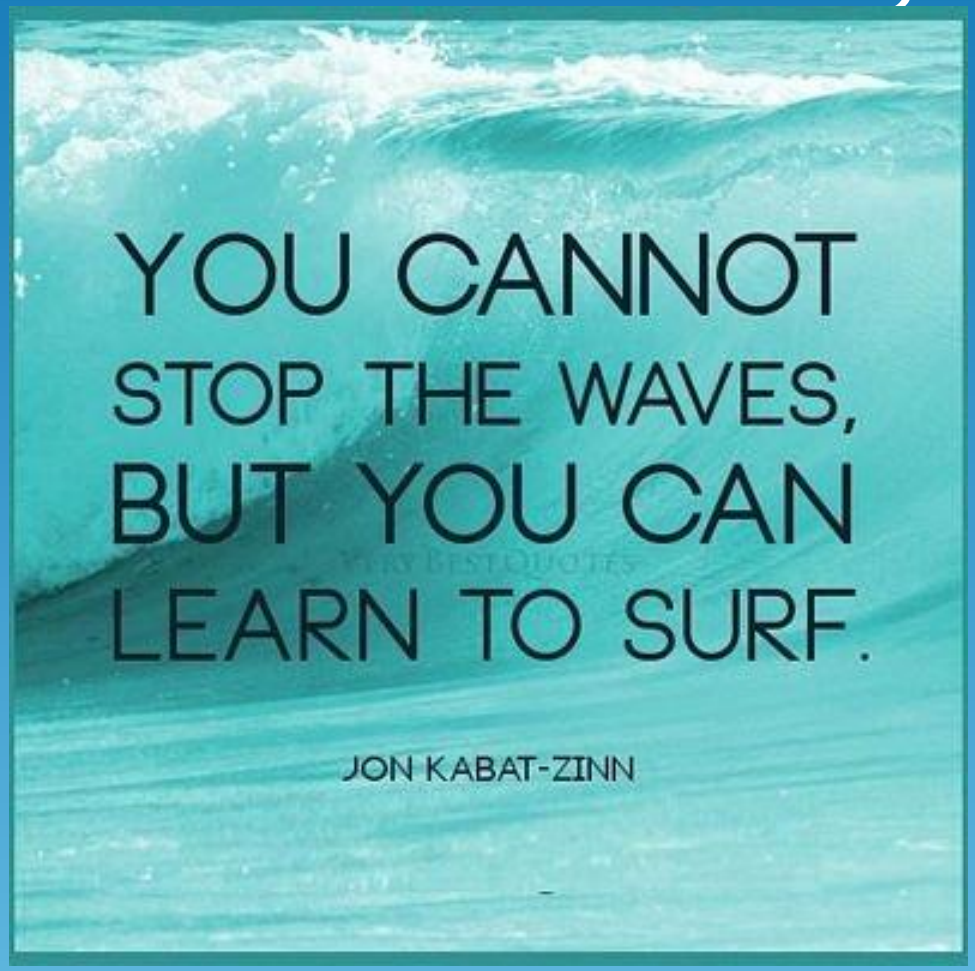
Mindfulness

St Meryl School

Welcome



Just a thought



What we would like for our children at St Meryl

- Mindfulness is something we have been promoting at St Meryl and embedding as part of our curriculum provision due to the positive effects it has upon learning and wellbeing including:
- · A calmer approach to problem solving
- · Becoming responsive rather than reactive to situations
- · Reducing anxiety when facing new challenges
- · Building resilience
- · Noticing the world around us

First things first…

- Establish your own mindfulness journey with daily practice. You would have trouble teaching your children ballet if you had never danced. To authentically teach mindfulness to children, you need to practice it yourself.

Mindfulness

- So what is mindfulness?
- Mindfulness is being aware of or bringing attention to this moment in time, deliberately and without judging the experience.
- Where can you be mindful?
- So when you are in the shower, driving to work, walking with your family, eating your lunch, brushing your teeth…anywhere!

Mindfulness is…

- • A way of learning to pay wise attention to whatever is happening in your life
- • A way to be more responsive and less reactive
  • It allows you a greater sense of connection to your life inwardly and outwardly.
- • Learning to direct our attention to our experience of the present moment as it unfolds, moment by moment, with open minded curiosity and acceptance.

Why Mindfulness?

- Improving mental health and emotional wellbeing
- • One in 10 children aged between five and 16 years has a mental health problem, and many continue to have mental health problems into adulthood.
- • Half of those with lifetime mental health problems first experience symptoms by the age of 14.
- • One in four British adults experience at least one diagnosable mental health problem in any one year, and
- • One in six experiences this at any given time.

Mindfulness practice – Meditation and viewing the world

- • Mindfulness is also a practice, a systematic method aimed at cultivating clarity, insight and understanding. • In the context of your health, mindfulness is a way for you to experientially learn to take better care of yourself by exploring and understanding the interplay of mind and body and mobilizing your own inner resources for coping and growing.

Optimists

- • Take action to have a healthier lifestyle • Have a higher life satisfaction rating
- • Believe their actions matter • Do not think of themselves as helpless or passive (learned helplessness) • Act on medical advice
- • Often take better care of themselves.
- • Less likely to make negative lifestyle choices (smoking, drinking to excess, will exercise…)
- • Better social support – more friends, more love and less illness

Education

- "Given the scale of this mental health crisis, there is real urgency to innovate new approaches where there is good preliminary evidence. Mindfulness fits this criterion and we believe there is enough evidence of its potential benefits to warrant a significant scaling-up of its availability in schools."

Benefits apart from social and emotional

- We’re distracted 47% of the time.
- Normal waking day – 16 hours.
- Attention 8 ½ hours.
- Using mindfulness daily this improves by
- 10%
- So you gain an extra 51 minutes a day which is almost 6 hours a week!

Growth Mindset

- Carol Dweck
- https://youtu.be/Yl9TVbAal5s

Building Learning Power

- • RESILIENCE - Sticking at tasks even when they become difficult.
- • RESOURCEFULNESS – Being ready, willing and able to learn in different ways
- • REFLECTIVENESS - Being able to think and talk about what you have learnt and how you have learnt it.
- • RISK TAKING - Being prepared to have go even if there is a possibility of failure.
- • RELATIONSHIPS - Learning from and learning with others towards a shared goal.


WHAT
WOULD YOU
ATTEMPT
TO DO IF
YOU
KNEW
YOU COULD
NOT
FAIL

The Power of

YET

Techniques

- Tracing fingers
- Square breathing
- Clapping
- Outdoors
- Body Scan
- Bubble breath
- Sensory
- Guided Meditation
- Yoga

What mindfulness looks like at St Meryl

- Thank you to the children for giving up their time to come and show you how we undertake mindfulness during the day.

Autopilot versus Mindful

- Autopilot • Notice less • Less curious • ‘Experience’ less • Less Optimistic about Future • Experience numbness • Comfort Zone
- Mindful • Notice more • More curious • ‘Experience’ fulfilling • More Optimistic about Future • Comfortably Aware • Learning Zone

Just a thought…

