



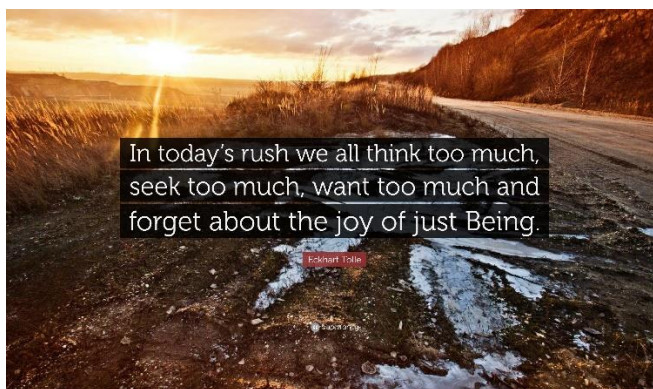
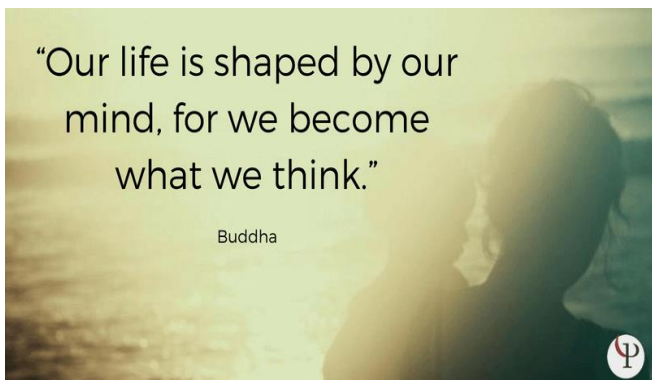
Our Learn Together value this month is mindfulness. Mindfulness is the practice of 'being fully present in the moment'. It's a different sort of awareness to the 'automatic pilot' that we are so often immersed in – like when we're driving or walking and don't notice the details of the journey because we're lost in thought. Practising mindfulness can help us all cope with everyday life and deal with tough times.



Children are enjoying lots of mindful & meditation breaks in school.

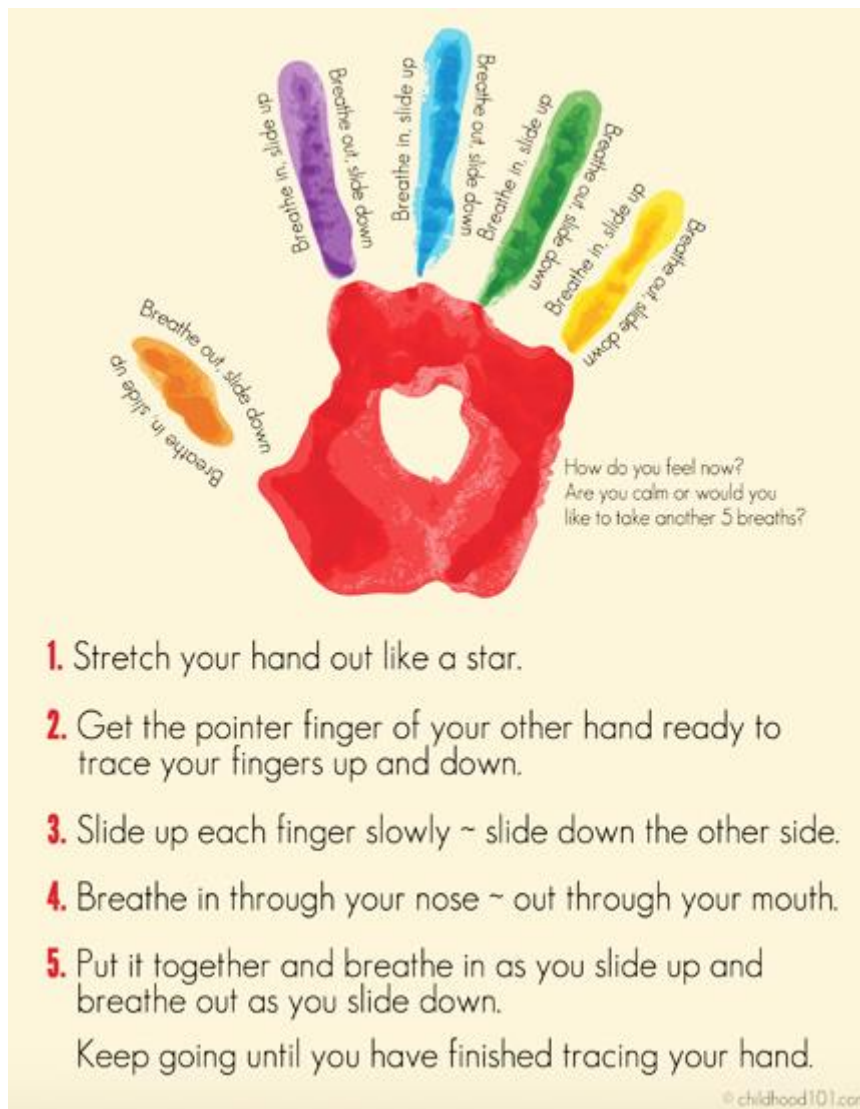
Here is a link to a selection of guided visualisations to help us all to breathe into relaxation from the PDST if you would like to try them out with your children at home: [Relaxation & Self-Regulation Tools](#)

Children also enjoy [Cosmic Kids Yoga](#) and there are a selection of activities to try out on our school's [Wellbeing Page](#) too, including some new mindfulness resources such as [30 Mindful Moments](#).



A simple breathing exercise for everyone to try at home:

Take 5 Breathing



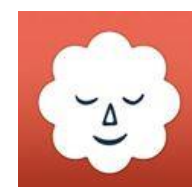
How do you feel now?
Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

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Some wonderful mindfulness & meditation apps for adults that can be accessed for free: **Insight Timer**, **Headspace** & **Stop, Breathe & Think**



Stop, Breathe & Think