

Mindfulness at Linton Heights Junior School



At LHJS, we understand that **Mindfulness** is the act of being present: of noticing the details of our surroundings, of being aware of and accepting our feelings, sensations and thoughts in the present moment; of being a non-judgemental but interested observer.

Throughout the school day, children are given opportunities to reflect on their feelings and thoughts – both within the classroom and out at break times. Together, we are creating an environment, where we value the world around us and the people in it; we believe this is a life skill that holds countless benefits.

Benefits of Mindfulness

Due to the busy, highly stimulated and often highly pressured nature of today's living the pre-frontal part of the brain is less 'active'.

This can lead to problems with attention, more impulsive behaviour, increased depression (low mood) and anxiety, sleep difficulties and social struggles.

Mindfulness aims to counter-balance this by re-engaging the pre-frontal cortex of the brain.

Activities that practice mindfulness have been proven to:

- increase a sense of calm and happiness
- increase compassion (for self and others)
- improve concentration and attention
- promote helpful reactions to difficult emotions
- improve school performance

Examples of everyday mindful activities at LHJS

- 2 minutes of silence – noticing what we can hear
- PBS: Pause, Breathe, Smile
- Mindful eating
- Walking outside – noticing the flora and fauna
- Drawing – noticing the detail (not focussing on the end result)
- Colouring in
- Crafts such as clay, knitting, beads

- 2 minutes (building up to 10) of breathing - noticing the thoughts
- Body scans and mindful meditations
- Jam jars/snow globes - to help children clarify their emotions
- In times of upset or frustration - breathing, slowing down, notice the thoughts
- Reflecting on our reactions to problems and learning
- Reflecting on the people around us