

# SUBJECT OVERVIEW: Wellbeing – Mindfulness and Yoga



CW

INTENT: What we want to achieve	IMPLEMENTATION: How we will achieve it	IMPACT: What the outcome will be
<p>It is our intention that our wellbeing/mindfulness curriculum will promote the positive development of children’s character, personal development, health and wellbeing preparing them to be successful in a fast moving world and make a valuable contribution to society.</p> <p>We intend to deliver physical and mental wellbeing program allowing children opportunities to exhibit spiritual, moral, social and cultural understanding. It will support our school Social and Emotional teaching and learning.</p> <p>We intend to create quiet moments of reflection and calm. To deliver a wellbeing curriculum that promotes reflection, discussion about feelings and teaches skills/techniques which alleviate/manage personal stress, fear and anxiety. <b>We intend to provide strategies the children can use to help them feel calm and in control.</b></p> <p>We intend to promote good behaviour using calming strategies and promote high expectations and challenge in order to build students’ perseverance and self-belief. Enabling children to maximise their potential. To deliver mindfulness sessions which aid cognitive development.</p> <p><b>Our main intentions Mindfulness sessions are:</b>                      To strengthen <b>self-control</b>.                      Lowers <b>anxiety</b> and <b>stress</b>.                      Increase positive moods.                      Promote/enable better decision making.</p>	<ul style="list-style-type: none"> <li>● We will ensure that our curriculum provides a progressive, skills-based approach. Our curriculum is regularly reviewed to ensure that it motivates our children, builds on their experiences, previous learning and expands on their knowledge and understanding of mental and physical health every year.</li> <li>● Resources will be researched and updated regularly.</li> <li>● We will equip our children with the skills to identify feelings.</li> <li>● We will follow National Curriculum guidelines and Mental Health/NHS resources, Cosmic Kids and Go Noodle, Active Kids, Feel Good Friends research and resources to deliver wellbeing.</li> <li>● We will teach calming techniques e.g. finger/petal/belly breathing and Tapping.</li> <li>● We will teach Yoga (we call them relaxation exercises) using Cosmic Kids and Twinkl resources. We will also teach elements of Pilates and breathing technique.</li> <li>● We will teach controlled breathing/mindfulness using Go Noodle calming videos.</li> <li>● We will teach age appropriate grounding techniques. 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, count to 5 and breathe.</li> <li>● We will teach balloon breathing.</li> </ul>	<ul style="list-style-type: none"> <li>● An integral aspect of the curriculum is that children are prepared for the future – during their time in the school, they become fantastic role models and the very best version of themselves.</li> <li>● Children will be able to identify/label and discuss feelings. They will know about their feelings and begin to self-regulate - improving communication.</li> <li>● Pupils will know how to find moments of calm when they feel anxious or upset. Moments of calm increase productivity and positive moods.</li> <li>● Pupils will know how to stay healthy and why relaxation exercises are good for mental and physical health. Balance, core strength, gross and fine motor skills will improve.</li> <li>● Pupils will know that controlling their breathing helps them calm down. Teaching self-control.</li> <li>● Pupils will have a bank of activities/strategies they can use to manage their feelings/anxieties. They will know to use Petal/Belly/Finger Breathing/Tapping to find a moment of calm when they feel upset/stressed.</li> <li>● Pupils will know affirmations are positive and make them feel valued and special. They boost self-esteem and make them feel more positive about their abilities. They will use affirmations to make them feel good about themselves.</li> <li>● By Year 2 Children will be able to devise their own affirmations (independence).</li> </ul>

CW

<p>Improve Emotional Regulation Skills.  Increase <b>self</b>-esteem.  Improve Health and Body Image.  Improve social skills and communication.</p>	<ul style="list-style-type: none"> <li>● We will engage the children in meditation/quiet time style sessions. These will include the teaching of positive affirmations and silent moments.</li> <li>● We will teach the children to step back and “just be.” To sit calmly and comfortably and pay attention to their bodies and how their bodies feel. To be in the moment. To control their breathing and thoughts (meditation)</li> <li>● We will discuss and highlight the health benefits of Mindfulness and Yoga.</li> <li>● Whole school assemblies will be used to promote Mindfulness and support staff in its teachings.</li> </ul>	<ul style="list-style-type: none"> <li>● Calming techniques will compliment positive behaviour management and improve behaviour.</li> <li>● Quiet, mindful, reflection boosts cognitive performance and improves learning environments.</li> <li>● Focussing on every child’s mental health will help every child feel valued and listened to.</li> <li>● The children will leave SEIS with important life skills, which they can call upon when needed.</li> </ul>
---	---	---