

## Map Of Learning School Wellbeing/Mindfulness Planning 2022-2023 CW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>In Assembly/circle time</b>	<b>In Assembly/CT</b>	<b>In Assembly/s/CT</b>	<b>In Assembly/CT</b>	<b>In Assembly/CT</b>	<b>In Assembly</b>
School Discussion: What is mindfulness? <b>Mindfulness ass 1</b> - Introduce the quiet time/reflection (relax) activity/activities to whole school. MISP videos.	<b>Mindfulness assembly 2</b> - Breathing techniques and knowing how to step back and find a "little bit of calm."	Teachers demonstrate/use breathing techniques as assembly intro -Belly -Petal -Finger	Teachers demo techniques at start of an assembly -Belly breathing -Petal -Finger	Teachers demonstrate/use breathing techniques as assembly intro -Belly/Petal/Finger - Bodyscan	<b>Whole school WELLBEING DAY Relaxation Exercises day.</b> EYFS Twinkl Y 1/2 Cosmic Kids.


### EYFS Map Of Learning School Mindfulness

<b>Mindful stories.</b> <b>"Feel Good Friends."</b> What are affirmations? Belly Breathing <b>Go Noodle relax.</b> <b>Puffa Fish.</b> Calm Kit <b>Every day p.m. mindful moment – see EYFS plan</b>	<b>Mindful stories.</b> <b>"Feel Good Friends."</b> Breathing Buddies/Tummy teddies (Breathing with a teddy on tummy). Grounding <b>Hi my name's Joe</b>	<b>"Feel Good Friends."</b> Intro to the short Cosmic Kid Yoga sessions. List on DB Mindfulness ppt. Petal Breathing Teddy Meditation/ <b>relaxation time</b> – electronic toy bears and book. Anchoring <b>Bunny Bounce/Washing Machine</b>	Quiet time, lay down to music. How do your arms and legs feel? Go Noodle – on and off activity. Petal Breathing Teddy relaxation	Teddy relaxation. Cosmic Kids How do you feel? Jaimie's Yoga moves Poster and Plans <a href="https://www.cosmickids.com/shop/category/kids-yoga-classplans/">https://www.cosmickids.com/shop/category/kids-yoga-classplans/</a>	Teddy relaxation.  <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Term 5/6</b>                           To be planned according to outcomes of term 1-4. And to centre around Wellbeing day/week.   <b>Also see Wellbeing Timeline.</b> </div>
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### Year 1 Map Of Learning School Mindfulness

Belly Breathing Relaxing shoulders Calm music. How does your body feel? Why? What do you notice? Calm Kit Grounding	Petal Breathing Quiet Times (meditation style/affirmations). How do affirmations help? <b>Go Noodle Find Peace etc.</b> Anchoring – teacher supported	Tapping Intro. <a href="https://www.youtube.com/watch?v=R0NUNNhosPU&amp;safe=active">https://www.youtube.com/watch?v=R0NUNNhosPU&amp;safe=active</a> Finger Breathing. Quiet time, just being, letting go. Cosmic Kid Yoga (longer sessions to promote strength and focus). See list on DB Mindfulness Pp gallery. <b>Go Noodle V for Victorious</b> Anchoring – independent, children suggest ideas.	Quiet time, just being, letting go. Petal and Finger Breathing. How does your body feel? Why? What do you notice?	Quiet time, just being, letting go. Petal and Finger Breathing. Use taught strategies/choose.	
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### Year 2 Map Of Learning School Mindfulness

Belly Breathing Relaxing shoulders Calm music. How does your body feel? What do you notice? How does mindfulness help you? Why? Calm Kit Grounding	Petal Breathing and finger breathing. Quiet Times (meditation style/affirmations). How do affirmations help? Anchoring – independence - develop our best anchoring scenarios for future use.	Tapping Intro. <a href="https://www.youtube.com/watch?v=R0NUNNhosPU&amp;safe=active">https://www.youtube.com/watch?v=R0NUNNhosPU&amp;safe=active</a> Quiet time, just be, let go. Identifying thoughts and feelings and learning to use quiet time to ease stress. Cosmic Kid Yoga (longer sessions to promote strength and focus). See list on DB ppt. Can you think of your own affirmations to help you in future?	Quiet time, just being, letting go. Identifying thoughts, feelings & learning to use quiet time to ease stress. Petal/Finger breathe Independence.	Quiet time, just being, letting go. Petal/Finger Breathing. Use taught strategies/choose.	
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