



WELLBEING and MINDFULNESS

EYFS and KS1 sticky knowledge



Big Questions:

How can we find calm?

Which techniques can we use to calm down?

How can we use affirmations?

How does yoga/relaxation exercises make you feel?

How/what can we use in our class calm down kits?

How does mindful breathing/breathing techniques help you?

Key vocab



Mindfulness

Quiet

Calm

Breathing

Just Be

Relax/relaxation

Grounding

Anchoring

Yoga

Concentration

Regulation

