



Mental Health in Schools Team Tips For Wellness

Mindfulness

Mindfulness is a powerful activity which aims to bring us back to the present moment. This helps us to become more aware of our surroundings and our own self.

Practising mindfulness allows us to focus, feel connected and take time to notice our thoughts and feelings without judgement.

Be the bubble activity (this activity can be done with bubbles)

1. Ask your young person to imagine they are a bubble.
2. Ask them to breath in and focus on their body being full of air
3. Ask them to breath out (blowing out the bubbles) the young person will feel their body relaxing,, letting any worries float away, just like a bubble.
4. Focus on feelings and thoughts in the present moment.
5. As your child continues to blow bubbles, ask them how it makes their body feel and what they notice about each bubble.

5, 4, 3, 2, 1 Ground Technique

- 5 – things you can see
- 4 – things you can touch
- 3 – things you can hear
- 2 – things you can smell
- 1 – things you can taste

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSstars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.