



Mental Health in Schools Team Tips For Wellness




Being mindful

Being mindful is all about **taking notice** of what's around us, as well as our thoughts and how we are feeling. Mindfulness is a way to **focus on the present** moment and what is happening now, rather than thinking about the past and worrying about the future.

Learning how to be mindful can give us the tools we need to cope with stress, build confidence, and get through challenging times. The more we practise mindfulness, the more resilient we will be!

Our tips for being mindful:

1. **Tune into your senses (classroom activity)** – Teacher should choose a child (child A) to stand outside the classroom, they are the 'listener'. Choose another child (child B) in the class to be the 'speaker'. When child A comes back into the room, they should face the wall, then child B should say a pre-agreed sentence in an unusual or funny voice. Child A needs to pay attention, take notice and listen carefully, to guess who the speaker was! Children can take turns as the role of speaker/listener.
2. **Create a glitter jar** – use an old jar or bottle and add a variety of materials, such as glitter, water, different coloured beads, food colouring, oil, and rice. Shake the glitter jar and notice how the materials move. Do they all move together? Do any of the materials separate from each other? What sound does it make? You could make one with a friend and then swap jars!
3. **Cloud watching** – this activity is great for mindfulness and relaxation. Have a go by scanning the QR code:

4. **Mindfulness video** – as a class, watch this mindfulness video from Children in Need, which includes 3 exercises to help you practise mindfulness: mindful looking, mindful listening, and mindful breathing.



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.