



Mindfulness at Clapham Manor

At the heart of Clapham Manor's ethos is the well being and happiness of all our pupils. In our continued efforts to support pupils in gaining positive mental health and good self-esteem we have begun the journey to implement mindfulness into the curriculum and culture of the school.

Mindfulness is used by teachers at Clapham Manor on a regular basis to support pupils in gaining the skills to self-regulate their emotions as well as for relaxation and calming techniques to help pupils focus and transition between unstructured times and lessons. Pupils are lead through a variety of types of mindfulness by teachers – from held silence to mindful eating. As a school we are in the initial stages of developing mindfulness and central to this is ensuring staff are confident in leading mindfulness and have sufficient support in doing so. As well as whole staff training with the school PSHCE leaders we have also forged links with people in the community as well as the local Buddhist Centre to guide us and equip us with the skills and knowledge to ensure the initiative is successful. Staff well-being is central to this success and weekly mindfulness sessions with staff have given them space to reflect in a busy world.

As a school we use a variety of resources to support pupils with mindfulness:

Stop Breath Think - <https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>

Calm - <https://www.calm.com/>

Headspace - <https://www.headspace.com/>

Horrizons - <https://www.youtube.com/user/NewHorizonHolistic>

Mind Body Green- <https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html>

Peace out guided relaxation – you tube

Mindfulness activity ideas - <https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

We encourage parents to use these resources at home and feedback to us any resources you have used that have found successful. We are hoping to run a workshop for parents in the summer term and will update you about this soon!