



Friday 22<sup>nd</sup> May 2020

Please see below this week's free resources that centre on the idea of mindfulness. The resources below can be shared with colleagues in your school and also with parents and carers where you feel appropriate.

### What is mindfulness?

"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us" (source: <https://www.mindful.org/what-is-mindfulness/>).

Mindfulness is good to bring us back to the present moment, often we can spend time focusing our thoughts in past or future events and this can be overwhelming. By practicing mindfulness even when we are calm, it can make it more effective when we are distressed. If trying to alter behaviour to create healthier coping mechanisms, mindfulness can fill that gap well. It is also discrete – no one needs to know that the child or young person is doing these techniques for instance in the classroom or during an exam.

### The Mindful Toddler

Below is a lovely article that reminds us of the power that children already have to live in the moment, and how we have so much to learn from them.

[https://www.huffingtonpost.co.uk/andrew-robinson2/mindful-walking-with-your-toddler\\_b\\_8934786.html](https://www.huffingtonpost.co.uk/andrew-robinson2/mindful-walking-with-your-toddler_b_8934786.html)

### Mindfulness Exercises

This resource features four mindfulness exercises: Mindfulness Meditation, Body Scan, Mindful Eating and the Five Senses. These exercises can be done on a one to one basis or as a group.



Facilitation Guidance  
Mindfulness Exercises

### Tense and Release- Progressive Muscle Relaxation

These child friendly exercises are forms of progressive muscle relaxation; which is based upon the practice of tensing one muscle group at a time followed by a relaxation phase with release of the tension. This can be learned by nearly anyone and requires only 10-20 minutes per day to practice, and of course, as with any skill, the idea is that you get better at it over time and so the children / young people can then call upon this technique when feeling a particular way e.g. worried or angry. This intervention can be done with a child / young person one to one or with a group and I would advise the adult to model and talk about the exercises aloud throughout. The idea is that you work through each exercise; breathing in as you tense and breathing out as you release. Then you can wait 10 seconds or so in the relaxed / release phase before moving on to the next exercise. Children / young people can practice this technique seated or lying down, and ideally this should be done with comfortable clothing on, and in a quiet place free of distractions. It is suggested that adults guide children /young people through the practice and also give the child / young person the sheet to practice alone, perhaps before bed to help with sleep and relaxing. Over time, you can encourage the child to focus on the changes they feel in their body as they tense and release, and also to recognise when they feel tense or relaxed at other times (e.g. they may begin to notice their fists clenched and tense when angry).



Relaxation for your  
body Facilitation Guid

## Breathing Exercises

Sometimes, when we feel worried, we can take fast or shallow breaths. This can sometimes lead to dizziness or chest pain, which can end up with us feeling even more worried. Can you see how this is a vicious cycle?

Doing breathing exercises on a regular basis (even when you aren't worried) can be a healthy habit for life. Breathing exercises are great because you can do them anywhere, anytime!



Facilitation Guidance .docx



Facilitation Guidance - High 5 Breathing.doc

# Wellbeing Wake-up...



Compass and its traded arm Positive Effect have teamed up to deliver free 'Wellbeing Wake-up' sessions for primary aged children, parents/carers and education staff via our YouTube Channel [https://www.youtube.com/channel/UCXumjginrAvOILD-1PkJF\\_g/](https://www.youtube.com/channel/UCXumjginrAvOILD-1PkJF_g/) . These bitesize sessions will be based around the 5 ways to wellbeing; connect, be active, take notice, keep learning and give. Each video will include a short explanation for adults on why it is important to promote wellbeing, followed by a 'wake up and shake up' for children's minds and bodies to become focused, finishing with a interactive activity that can be carried out with the child and adult at a convenient time.

## Level 2 and 3 Refresher Webinars

After offering a Level 1 refresher course another new course is available on our webinar system. The Level 2 and 3 combined refresher course covers key elements of Early Identification of Need and Early Help and Intervention as a refresher. This will enable staff to review the training provided to ensure that all school staff have the knowledge, skills and confidence required to understand emotions, identify common mental health problems and to deliver early help and intervention to a child or young person with mild to moderate mental health concerns. Delegates must have completed the full Level 2 and Level 3 – Early Identification of Need and Early Help and Intervention to be accepted onto this refresher course.

Staff in North Yorkshire schools can register for our webinars free here: <https://www.compass-uk.org/compass-buzz-training-webinars/>

## Compass BUZZ Support for Schools

Compass BUZZ offer a range of support for schools and young people. The attached flyer provides a summary of the services that schools staff and young people can benefit from.



**Compass BUZZ**  
**Support for Schools**

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