

Wellbeing Pack Three

Mindfulness and Relaxation support for Children during School Closures

We know how worrying and difficult this time is for us all. I am sure, many of us are feeling anxious as we navigate the uncertainty of Covid 19. That is why we want to provide you with helpful information, advice and guidance to support you and your children's psychological wellbeing.

In this pack we have put together some useful links to help you support your child to relax and manage difficult emotions during school closures.

Mindful Schools

For the next few weeks (tues, wed, thurs), Mindful Schools will be offering **free mindfulness classes for kids**. Join them online – for mindful activities, mindful movement and read-alouds.

MindUp Curriculum

The MindUp curriculum offers a number of free videos exploring different aspects of mindfulness and psychology. These include;

- **Lesson How our brains work**
- **Mindful Awareness**
- **Mindful Listening**
- See the **Mindup library** for more videos.

Cosmic Kids

Cosmic Kids offers a range of free yoga, mindfulness and relaxation exercises for children. You can download their **free resource packs** or watch their free video content on their **youtube channel** . They also have a advertisement free Application.

Smiling mind

The Smiling Mind website offers a **range of resources** exploring ways mindfulness can be helpful to manage the anxiety of the coronavirus. They also offer various guided meditations for children and young people. They include;

- **Noticing emotions**
- **Five Count Breath**

Puppy Mind

Puppy mind is an lovely book for children exploring mindfulness and the fluctuating nature of our minds. The story is free to access on youtube.

Calm.com

Calm.com is a great website offering a range of **free mindfulness and relaxation resources and exercises.**

Mindfulness in Schools

There are a number of exercises from the Mindfulness in Schools curriculum that may be helpful for children during these uncertain times.

FOFBOC

Playing Attention

Beditation

Relax Kids

The Relax Kids website provides a **free** **Calm Pack** and various **Downloadable** **activities** to complete with your child to promote relaxation and calm.

Educational Psychology For Everyone

The team at Educational Psychology for Everyone are offering a **free facebook video** on various topics to support families and children over the next 21 days

Other Applications to consider Include;

- Stop Think Breathe App
- Headspace for Kids
- Smilng Mind

Wellbeing Challenge

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see...

- 1. Make up a Funny Dance Routine.**
- 2. Learn the meaning of 3 new words.**
- 3. Send a message of encouragement to 3 people today.**
- 4. Discuss with your child “how they learn best”.**

Find out about 3 famous people that have struggled in their learning