



MINDFULNESS

Year 4 have embarked on their mindfulness journey.

Each week the children have a focused Mindfulness lesson to develop their skills and strategies to tackle learning with resilience and enthusiasm.

In year 4, we aim to stop and pause for some meditation, mindful walking, yoga or reflection as often as possible. This helps to remind us: how lucky we are; what we have to be thankful for; what strategies we can use if we feel worried, stressed or anxious, so we can be the best we can be.

It is particularly important that the children build strategies to help control responses, feelings and emotions during challenging times and situations

