

# Motivating Mindfulness

As part of Mrs Baker's 'Thrive' training, Year 3 have been taking part in mindfulness sessions.

The cornerstone of emotional resilience is having a good awareness of our own sensations, feelings and thoughts.

We had a look at some breathing techniques to keep us calm then we had a weather and colour report to talk about our feelings.

We also went on a senses walk, where we focused on each of our five senses. We thought about what we could hear, see, smell, touch and taste.

Finally, we took part in some warrior exercises, to encourage us to be brave, resilient and strong—just like a warrior.

Mindfulness can help children to develop emotional resilience – the ability to think and feel at the same time, to problem solve and bounce back from difficulties and set backs, to learn from experience and ask for help when it is needed.



Starfish breathing exercise



Breathe in when you go up a finger, breathe out when you go down.

## Weather Reports

## Colour Reports

