

Promoting positive mental health and well-being

At Boringdon Primary School we believe that promoting positive mental health and well-being is of paramount importance. It is hoped that by integrating different means of achieving this into our curriculum and everyday life at school, children will feel confident, happy, relaxed and valued enabling them to lead rich and fulfilling lives.

Mindfulness

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help children to enjoy life more and understand themselves better. Steps towards living in a more mindful way include

- Noticing the world around them
- Reconnecting with their bodies and using their senses to really acknowledge the surrounding environment
- Being aware of their thoughts and feelings as they happen allowing them to see the present moment clearly

When children take these steps it can positively change the way that they see themselves and their lives by detangling the many unhelpful interwoven streams of thoughts and feelings that are being experienced; identifying patterns so that they can notice and train their thoughts so that 'mental events' do not take over and control them, and they can learn how to deal with mental thoughts productively rather than brooding and not moving forwards. Self-awareness of this kind can help children to notice signs of anxiety and stress and deal with it or seek help at an early stage.

Emotional Logic

This is an innovative approach which teaches children how to use otherwise negative unpleasant emotions and turn them into positive thoughts and actions to overcome disappointments, setbacks and hurts. It helps children to move on when they are otherwise 'emotionally stuck.' This approach has been proven to have significant mental health benefits and teaches all children (and adults) a valuable toolkit for overcoming adversity throughout life. Staff at Boringdon have been trained in how to use this approach to teach children and this part of the curriculum is supported by a set of seven digibooks which each deal with a different emotion.

Growth mindset

We encourage the children of Boringdon Primary to have a Growth Mindset rather than a Fixed Mindset. Children with Growth Mindset understand that intelligence develops whereas those with a Fixed Mindset think that mistakes have to be avoided

and success is immediate. Brains grow and learning changes our brains. This is called brain plasticity - intelligence is not fixed. Persistence, practice and effort are essential in developing the connections in the brain. It is important that children are encouraged to take a risk, fail and learn from their mistakes. This also helps children to become resilient and persevere when things get difficult. Mistakes are part of learning; FAIL should really be read as: **F**irst **A**tttempt **I**n **L**earning. Part of a child's education is to learn how to self-talk into positive thinking. The chart below gives some examples of phrases that can be used:

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them