



## Mindfulness and Wellbeing

*Welcome to our first mindfulness newsletter. Each week there will be new ideas with helpful web links to support your child's wellbeing while they are at home.*

### Yoga for children

*Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking. Why not try it out? Grab a mat, blanket or towel, find some loose clothing to wear and click on one of the following links.*

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I> and <https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE> and [https://www.youtube.com/watch?v=sM5MGLMNN\\_E](https://www.youtube.com/watch?v=sM5MGLMNN_E)

### Reading

*Children love to read or to have someone to read to them. How about having a daily reading time? Everyone can sit together, turn off electrical devices and read a book, newspaper, magazine or comic. On your class page you can even listen to a story read by one of our teachers. Enjoy stretching out on the floor or sitting in a comfortable chair. The more you make this part of your daily routine, the longer the children will read. You could even try listening to an audio story as a family. Here are some useful links:*

[https://www.audible.co.uk/cat/Children-Audiobooks/535836031?source\\_code=M2M30DFT1BkSH1015140067&ds\\_rl=1235677&ipRedirectOverride=true](https://www.audible.co.uk/cat/Children-Audiobooks/535836031?source_code=M2M30DFT1BkSH1015140067&ds_rl=1235677&ipRedirectOverride=true)

<https://www.worldofdavidwalliams.com/>

<https://www.storynory.com/>

### Headspace

*Meditation is a useful way of helping children to free some of their thought process that may make them feel anxious, frustrated or overwhelmed. If you have a garden, you could encourage your child to lie on a mat, close their eyes and listening to the different sounds around them. Ask them what they can hear or even smell? Or you could look up at the sky and see what different shapes the clouds make. Who will spot the funniest shaped cloud?*

<https://www.headspace.com/meditation/kids>

<https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>

<https://www.relaxkids.com/calm-pack>

Kind regards,

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Parent Support Link

