



# Mindfulness

During lockdown many young people have been taking part in mindfulness type activities, such as yoga. We have found lots of free resources online which are listed below.

Mindfulness involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander. Yoga and tai-chi can also help with developing awareness of your breathing.

## Benefits of Mindfulness

- Strengthens self-control.
- Lower's anxiety and stress.
- Increases positive moods.
- Better equipped to cope with change and other stressors.
- Have better sleep habits.
- Feel more connected to the people around them.
- Better decision making.
- Improves Emotional Regulation Skills.
- Increases self-esteem.
- Improves social skills and communication.
- Experience less sadness.





# Primary School Resources

- Cosmic Kids is a fantastic free resource for pupils to take part in yoga from home, there are loads of videos on their YouTube channel\_ [https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)
- Cosmic Kids- yoga quest- In this exciting yoga journey, Jaime guides young yogis through 20 of her favourite yoga adventures, across 5 different lands! Check off the yoga adventures on the free maps at your own pace! Includes a certificate for completion. <https://cosmickids.com/yogaquest/>
- You can download the yoga quest map here and type in YouTube 'yoga quest' to find all the relevant videos\_ [https://drive.google.com/file/d/178oSo27QZ46HPO\\_EHuMvddiNsacS8SzB/view?usp=sharing](https://drive.google.com/file/d/178oSo27QZ46HPO_EHuMvddiNsacS8SzB/view?usp=sharing)
- This resource is designed for: children aged 3 and up; use with individual children, small groups or whole classes; the activities within the calendar will take approximately five minutes and can be done at home or in school.\_ <https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>
- Check out these resources on 'expressing yourself'\_ <https://www.mentallyhealthyschools.org.uk/media/2305/childrens-mental-health-week-toolkit-final.pdf>
- The afternoon club on the BBC 'animal postures for children' and Pilates for kids' <https://www.bbc.co.uk/programmes/articles/1wD8rMRLm8dPMkG7JpFPc1T/yo-ga-pilates>
- CBBC Yoga- <https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids>