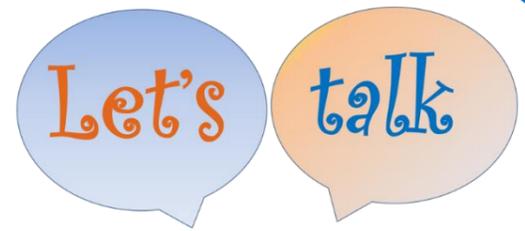


Mindfulness moments!



This week is all about 'Kindness'

As you have properly heard from your children this week, we started our whole School project of '40 Acts of Kindness' that all year groups and staff members have been involved in. It has been lovely to hear about some of the 'Acts of Kindness' that some of our children have already completed. As these acts are going on in and out of school we wanted to take the time this week to think about why kindness is so important when it comes to being mindful and how we can convey this message to our children. Both of the kindness practices below help our children to be less judgmental, reduce negative self-talk and feel better about ourselves.

KS1: A great and easy activity that you can do with your child to show them the importance of kindness is called 'Pass the kindness'. Ask your child to roll a ball towards you and when you pick it up you must say something nice about them. Next, roll the ball to them and ask them to say something nice about you and then keep taking turns. This is also great to do when you have other children over for a playdate, let your child demonstrate and lead the activity. Ask them to take as many turns as they can until one of you runs out of things to say. At the end of the game, ask them how they felt inside when nice things were being said to them. Also, try to get them to talk about how their nice comments would have made the other person feel. Use this as an opportunity to explain to them the power they have when they are kind towards others and why it is important to use this power in a positive way.

KS2: As our children get older, many of them find it easy to be kind to others but find it incredibly hard to be kind to themselves. As they reach the top of KS2, it can be very helpful to teach them about self-kindness, as this is key for their mental well-being. We all have our critical inner voice and this is the stage when our children will suddenly start to become aware of theirs; leading to a lack of confidence and self-doubt. "I can't do this" or "Other people are better than me" are amongst just a few of the negative things we hear our children say to themselves. A great way to help your child combat this is to get them to ask themselves the following question when faced with a problem- "How would you treat your best friend if they were in this situation and what would you tell them to do?" Teaching them to remember this simple but very effective statement helps your child not to be too harsh on themselves and highlights to them how unhelpful negative thoughts can be

Fun time: A fun activity that the staff here at Emmanuel have been doing is putting all of our names into a box and picking a random name of a member of staff that you must complete an 'Act of Kindness' to. Doing this activity as a family not only models kind acts to your child but can get them helping you with all sorts of jobs at home! Most importantly, it is making kindness fun and part of their everyday life.

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.

