

Mindfulness moments!



This week is all about **'me time'**.

Research shows that in order to be happier and more resilient both adults and children should try to incorporate more 'me time' into their lives at least once a week.

KS1: Allocate a weekly session of 'me time' that will last anytime between 20-40minutes. This time is dedicated to an activity that simply makes them feel happy. This will enable your child to start to understand the importance of being mindful by taking time out for themselves.

KS2: Ask your child to draw up a list of activities they like to do and that are manageable at home. Set a weekly 'me time' (lasting between 20-40 minutes) and allow them to pick a different activity each week. Let them know that they are in charge of organising and reminding you of the time, day and activity! This will enable your child to start to understand the importance of being both mindful and proactive about it.

Fun time: Some of these activities can include: writing a story, fun time with play-doh, bread and cake baking, painting, lego building, dressing up and playing a board game.

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.