

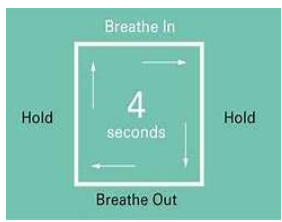
# Let's talk

## Wellbeing update: Mindful moments

Mindfulness - paying attention to the present moment - allows us to become more aware of the thoughts and feelings that we are experiencing, and of the world around us. Taking a 5 minute mindful moment each day can help improve our mental wellbeing.

### Breathing exercises

There are many breathing exercises suggested on the internet, such as on the Every Mind Matters website. Here is a simple one: the Box. Breathe in for 4 seconds, hold for 4, breathe out for 4, hold for 4 and so on.



### Notice the everyday

Although we are staying in our homes each day, we can still take a moment to notice things around us using all our senses: the sounds, the feel of things, the smells, the taste of the food we eat, the pains or sensations in our body, etc.

### Name thoughts and feelings

We can support ourselves and our children to name thoughts and feelings, to then be more aware of them when they come again, such as "I have to go outside to go shopping..." "This makes me feel anxious".

@wholeheartedschoolcounseling



**Resource idea: Mindfulness Rainbow Walk** - This activity helps children to be in the moment and notice the colours around them? Go for a walk with your children and notice the colours. They can note things they see in each colour of the rainbow: <https://www.elsa-support.co.uk/mindfulness-rainbow-walk/>

### Any questions or concerns?

If you have any concerns regarding your child's mental health or wellbeing during this time, please don't hesitate to contact our ELSA, Lorraine Watkins, through the wellbeing email address and she can share some advice, ideas and resources online.

Email: [wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk)