

Our Mindfulness Approach 2024-25



How do we incorporate Mindfulness into our day?

At Floreat Wandsworth, we appreciate and nurture our children's minds not only academically but emotionally too.

Alongside our Character Curriculum we have our Mindfulness approach. This includes; daily affirmations and meditation time.

We also celebrate our very own Mindfulness Day each year. This is a whole day dedicated to giving our pupils the tools and opportunity to explore how to best look after their minds in a positive and self-caring way.

We also interweave these strategies into our everyday practise to help children to regulate their emotions in a positive way.

Affirmations

Each morning at Floreat Wandsworth, every class will come together to start the day with some positive affirmations. Positive affirmations are feel-good statements that encourage children to develop a positive, kind dialogue with themselves.

These affirmations will help all children to start the day in a positive way, speak kindly and build confidence in a healthy way.

This is of great importance for children as they begin to explore their feelings.

An example of an affirmation is *'I can do anything I put my mind to.'*

Meditation

Alongside our affirmations, the children are given the opportunity each day to participate in a class meditation that lasts between 5-10 minutes.

Meditation is a wonderful tool to help children with self-control, empathy, focus and joy. It can also help with self-esteem and positive feelings.

Meditation time has a variety of structures, some sessions will have a yoga element, some guided breathing and visualisation and others will be a moment of still to just let the children sit with their feelings and thoughts for a moment.