

8/1/19

Using mindfulness to support our learning behaviour
and to help us to cope with change and transition.

Year six is a time of change for the children as they face transition from Primary to Secondary and. The children are also at a time where expectations of them are changing as they are now the oldest in the school and some will also be experiencing change due to their physical development.

At Buckfastleigh, in Aberdeen Class the children are encouraged to reflect on how they are feeling and to think about ways in which they can develop their own resilience and perseverance to help them to cope with the transitions they are experiencing.

This week the children have continued to develop their ability to relax and to focus when they have felt challenged emotionally or academically. They have been exploring their use of their *Mindfulness Journals*, which they are allowed to use to draw and write in to help themselves to reflect on their thoughts and feelings.

The children have taken part in a meditation session this week which gave them time to relax and to quietly focus in a calm and positive way.

Now that we are learning to do this we can use it at home too.



We imagined that we were on a quiet sunny beach, it was really relaxing

The images are dim as the lights were off to allow a calm and reflective atmosphere.



I felt very calm afterwards and hope we can do it again.