



## **Mindfulness Implementation and Impact Statement**

'Brilliant things happen in calm minds; be calm, you're brilliant' – Headspace

### **Intent:**

At Woolenwick Infant and Nursery School children have opportunities to be fully present, aware of where they are and what they are doing, and to not be overly reactive or overwhelmed by what is going on around them. We commit to ensuring our Educators are mindfulness trained and have the tools necessary to educate children on the intangible practice of mindfulness, where they can delve into the workings of their mind. The intent is to fully prepare ourselves for mindful practice in the modern world and to be willing to model taking a moment for ourselves, so our children will learn to do the same.

### **Implementation:**

We allocate time daily for mindfulness. While mindfulness is something we all naturally possess, it's more readily available to us when we practice daily. Whenever the children bring awareness to what they are directly experiencing via their senses, or to their state of mind via their thoughts and emotions, they're being mindful. This means that on top of our daily practice we call upon mindfulness during walks, times of great stress or emotion, as part of a class-based activity or at other times. The children also take part in mindfulness time during their weekly Yoga sessions with a qualified Yoga specialist. The children practice mindfulness to be aware of the inner workings of their mental, emotional, and physical processes, enabling our children to connect better with the people around them.

### **Impact:**

Mindfulness decreases stress and hones our innate ability to focus. It reduces brain chatter and supports us to remain focused. There is growing research showing that when you train to be mindful, it is remodelling the physical structure of your brain, strengthening mind muscle connections and neural pathways. This will allow our children to ensure emotional regulation and to go into the world equipped with the tools to be reflective and mindful of their environment. Children will be able to carry their mindful practice with them into later life and use what they have learnt to cope with any worries or pressures they may experience in the future.