

# Wellbeing Wednesday

## Dear Parents, Carers & Families

On this Wellbeing Wednesday we have been learning about **mindfulness**. Students have spent time reflecting on their own thoughts because we know that our thoughts become our feelings which become our behaviours.

If we can regulate our thoughts and ways of thinking it can change our lives for the better. **Mindfulness** is one way to achieve this.



**Mindfulness** means paying full attention to something and really taking your time to notice what you're doing. **Mindfulness** happens naturally sometimes when you are fully engaged in an activity.

### These videos explain mindfulness really well:

**STOP for mindfulness:** <https://www.youtube.com/watch?v=GgBVIZAEQqU>

**Everyday mindfulness:** <https://www.youtube.com/watch?v=QTsUEOUaWpY>

Research proves that when people practise mindfulness regularly, their health and wellbeing greatly improves. There are lots of mindfulness activities available online if this is something you would like to try.

Please get in touch with us if you need any support with your child's wellbeing.

**Best wishes from Mrs George and the Wellbeing Team**