



Mentally Healthy WA

Mentally Healthy Schools [Primary]

BEING ACTIVE

Introducing mindfulness into the classroom

Regular mindfulness practice offers a range of psychological and physical benefits. Results from a meta-analysis investigating the efficacy of mindfulness based interventions for children and adolescents in studies that used randomized, controlled trial design indicate mindfulness can improve the mental health and wellbeing outcomes in young people. A more recent review of universal (whole of school interventions) found promising impacts on students' mindfulness and self-regulation skills, reductions in feelings of anxiety and depression, and improvements in physical health and relationships with others.

Benefits can be obtained when mindfulness practice begins at any age, however the earlier one starts, the better. Smiling Mind recommends it is beneficial to students when a whole school approach is taken, particularly when there is consistent practice across each year level.

Smiling Mind recommends Primary School students have 1 x 30 to 45 minute teaching session (educational material, class discussion, and active learning about the concepts of mindfulness) per week as well as mindfulness meditation practices between 5 and 10 minutes at least 4 days per week.

This document provides classroom teachers with a range of activities that can be used during mindfulness practices.

Years 1 to 6

Breathing exercise sheets

We have created a suite of exercises, so there are plenty of options available to build up the breathing exercise frequency in the classroom. We recommend making this a regular activity.



References can be viewed on the Act Belong Commit website.

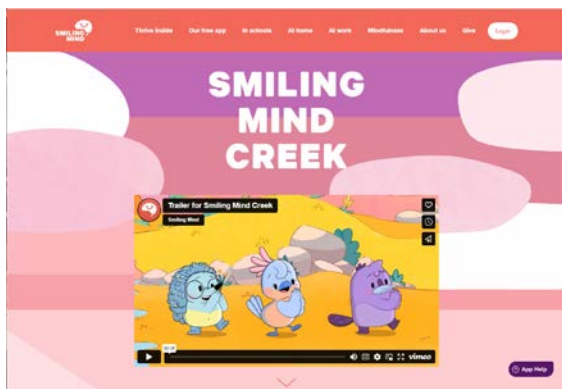
Years K to 3

Smiling Mind Creek

Smiling Mind Creek was created by Smiling Mind to offer parents and educators 18 free to access, 2-minute episodes to support social and emotional learning for children aged 3-8.

The mini programs were designed to break up screen time and support transitions.

The videos are still part of a pilot program (which means effectiveness results are yet to be published) however Smiling Mind are the peak body for mindfulness in schools.



Years K to 6

Breathing videos

A study out of Stanford University has found the practice of taking a few, slow, deep breaths can significantly reduce children's physiological arousal. They recommend the use of resources like videos to help kids learn the technique.

We have found a selection of videos on YouTube for classroom teachers to use.

Breathing and body scan

A whole of body scan that includes movement.



Best suited to Year 2+ as it involved reading an analog clock.

Puffer fish breathing

This mindful breathing exercise teaches children how to cope when waves of big emotions hit by stretching and breathing like a puffer fish.

Crab breathing for relaxing

Enjoy this beach scene with relaxing music, as we try a breathing exercise teaches kids how to find calm when they feel grumpy, escalated or anxious by stretching and moving like a crab.

Swirling video

Focus your breathing and settle your swirling thoughts in this calming mindfulness exercise.

Years K to 6

Whole of class colouring in

Colouring is an enjoyable way of practicing mindfulness. Use the collaborative colouring activity to create a larger piece of artwork. Displaying the poster on classroom walls will not only look great it can act as a reminder to students to practice mindfulness.

For staff

Benefits of mindfulness

Two videos developed by Smiling Mind explain what is mindfulness its benefits.

Mindfulness at school – explained

This podcast episode has been put together by ABC Mindfully and Smiling Mind and explains mindfulness at school.