

**Mindfulness commitment – a curriculum intent created as a community to ensure our children are mentally robust and resilient.**

At Locks Heath Infant School we believe that mindfulness is useful in helping us to address the kinds of worries that we all experience. Through mindfulness we aim for our children to learn how to work skilfully with the stresses and strains of childhood without being swept away by them. It is our aim that these coping skills will provide them with a foundation to build on as they progress through their education and into adulthood.

We understand that through teaching mindfulness in an age appropriate manner and on a regular basis that the children will see benefits in these areas:

**Wellbeing and Mental Health**

As well as helping them to recognise worry, manage difficulties and cope with pressure, developing a more mindful awareness also helps children and young people to appreciate what is going well and to flourish.



**Concentration and Cognition**

Mindfulness trains us to understand and direct our attention with greater awareness and skill. This may improve the capacity of children to concentrate and be less distracted, as well as their working memory and ability to plan.

**Social and Emotional Learning**

Mindfulness is often taught in the context of PSHE. It helps to develop a greater awareness of relationships and how to manage them (including difficult ones at home), as well as offering a richer understanding of things like self-esteem and optimism.



**Behaviour**

Mindfulness may help the young to self-regulate more effectively, manage impulsivity and reduce conflict and oppositional behaviour.

Our mindfulness practice links closely with growth mindset principles – that intelligence is something we can develop through study and learning rather than as something fixed. As a first step towards this we work with our children in developing an ‘I can do it’ attitude and teach strategies and techniques that enable our pupils that anything is possible if you have a positive approach. Resilience in learning is linked with our school learning value of ‘Never giving up’ and helps children to understand that learning and success comes through continued effort.

We know that mindfulness is not a quick fix and that you cannot teach it to young people unless you’ve experienced the benefits yourself. Therefore we believe that all adults in the classroom should take the opportunity to join in with mindfulness exercises with the class and notice the positive impact that it has on their own wellbeing.