Mindfulness is now a part of the school day for many children.

**Mindfulness**

Everyday life can be hectic for today’s children. As an antidote to this many schools are now using mindfulness. This scientifically proven form of meditation has become hugely popular amongst adults in recent years, and evidence suggests that it can also have numerous benefits for children.

At its most basic level, mindfulness equips you with the skill of training the attention by attending to and focusing on whatever is happening in any given moment.

Mindfulness is useful in helping us to address the kinds of worries that we all experience. In the case of young people, **it can help them learn how to work skilfully with the stresses and strains of childhood and adolescence**without being swept away by them.

Studies have shown that mindfulness helps children:

* Feel calmer and more fulfilled
* Get on better with others
* Concentrate better
* Manage their stress and anxiety
* Manage performance more effectively in areas such as sport, music and [drama](https://www.theschoolrun.com/other-subjects/drama).

**Teachers working with children who have**[**special educational needs**](https://www.theschoolrun.com/special-educational-needs)**(SEN) including**[**autism spectrum disorders**](https://www.theschoolrun.com/special-educational-needs/autistic-spectrum)**(ASD) and**[**attention deficit disorders**](https://www.theschoolrun.com/special-educational-needs/adhd)**(ADD) have had great success in teaching mindfulness skills.**It seems to help these children manage their own behaviour by giving them a moment to pause and think before reacting to a situation. Mindfulness can certainly help some children who suffer from stress and anxiety, however**, it’s not just for those who are having a difficult time: it’s for all children. Is**

**mindfulness taught in primary schools?**

Mindfulness practice itself involves activities such as attention-training and meta-cognitive tasks that help children focus on the present moment and work skilfully with their thoughts and emotions. It doesn’t necessarily come easily; **the mind often wanders at first. But with practice, children become more able to focus their attention.**

**Ideal times in which mindfulness can be used, include morning registration, to help children settle ahead of a day of learning, after lunch and to calm children down after playing outside.**

**J.Herron**

**Health and Wellbeing Co-ordinator 14.12.20**