

Our trip to Malaga in Spain
Professional Development Course
run by

LEAP

Language Education &
Partnerships Ltd

Wellbeing in Education
part of the Erasmus project



Why did we do this course?

To share ideas with other schools in Europe. Although most of the group were more local than we anticipated.....

4 schools from Northamptonshire

1 school from County Durham

1 school from Southport, Merseyside

What is Mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open minded curiosity and acceptance.

What mindfulness is

- ▶ A life skill
- ▶ Evidence based
- ▶ Paying attention “on purpose” to things as they happen
- ▶ Recommended by National Institute of Clinical Excellence
- ▶ GP’S are referring adults to courses to reduce stress and depression.
- ▶ It is being used in business to improve staff well being
- ▶ In sports training to improve performance

What is the point of Mindfulness?

- ▶ To improve health and well being
- ▶ Help people to learn more effectively
- ▶ Think more clearly
- ▶ To perform better
- ▶ To feel calmer, less anxious and less depressed

School is the centre of our children's lives. What we need to do....

- ▶ Don't let them hide away from their problems or their feelings
- ▶ Help them to trust
- ▶ Take time to listen
- ▶ Sanctions is not always the answer because they are already facing difficulties
- ▶ Don't make them feel unworthy or that they don't belong
- ▶ Notice behaviours (e.g. loud or withdrawn are indicators)
- ▶ **All behaviour is a way of communicating**

Schools typically:

Assume that the child or the young person:

- ▶ Feels safe at school
- ▶ Trusts their teachers
- ▶ Can learn from consequences
- ▶ Is able to be independent

What traumatised young people actually need is:

- ▶ To feel safe
- ▶ To learn how to regulate emotions
- ▶ To learn how to reflect
- ▶ Help to develop positive relationships
- ▶ Opportunities to experience positive emotions

What we learnt from other schools

- ▶ Higher levels of wellbeing affects academic achievements
- ▶ Make your school or classroom inviting
- ▶ Have a positive box to share thoughts and feelings(not a worry box) brightly coloured
- ▶ Feelings/emotions board for each class to start the day and end the day or to make it into a display
- ▶ Try a mini mindfulness session between transitions if possible
- ▶ Record special days in a class book (scrap book)

Swedish schools have classes resembling homes. Classes have curtains, carpets, sofas, light fittings, cutlery etc. At mealtimes everyone comes together. Some classes even had a pet and plants.



Action plan (ideas from other schools)

- ▶ Introduce wellbeing in all classes
- ▶ Create more wellbeing awareness for staff
- ▶ Make time for mindfulness with the children
- ▶ Use display boards across the schools - positive quotes in classes/corridors
- ▶ Request feedback every term on wellbeing issues in staff meetings
- ▶ Positive book, things that have happened during the day
- ▶ Have a “happy box” make it positive , decorate colourful
- ▶ Buddy system- use children as role models show moral behaviour
- ▶ Plush worry monster - Worry monster likes to eat your worries away
- ▶ Make a book to celebrate special days or events. Share with classes or in assemblies

<https://www.youtube.com/watch?v=q3xoZXS5yc>

You are the hero - You can do it.
Make a change!

Thank you for listening