

# Soho Parish School

Wellbeing and Creativity



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Senior Leader, Art Lead and Mindfulness Teacher



**SOHO PARISH PRIMARY**

*Small school, big heart!*

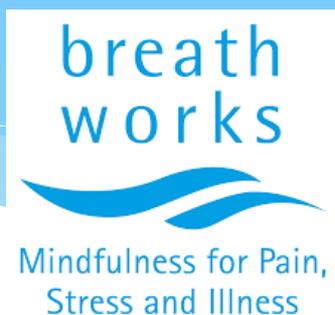




# Mindfulness at Soho Parish

## Usual provision:

- 30 minute weekly sessions with each KS1 and KS2 class
- Designated 'Breathing Space' room with class set of meditation mats and cushions
- Lunchtime drop in club for KS2 twice a week
- After school teacher drop in session once a week
- Parent taster sessions and weekly 'Wellbeing Wednesday' meditation drop in sessions
- 8 week Breathworks 'Mindfulness for stress' courses for parents, teachers and the local community

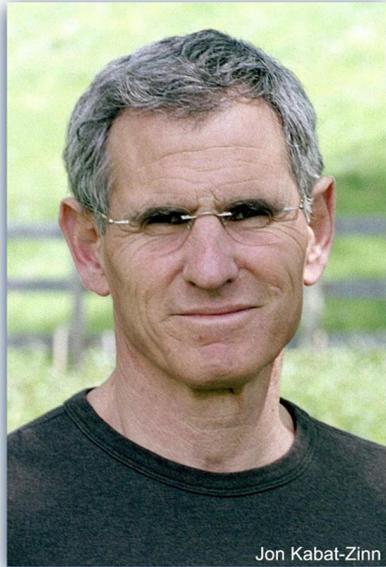


# Mindfulness



**What?**





*“Mindfulness means the awareness that arises from paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”*

Jon Kabat-Zinn 1990



## Evidence for the impact of Mindfulness on Children and Young People

Professor of Education Katherine Weare observed in her award -winning research summary:

‘schools who engage in mindfulness are likely to ‘see *beneficial results on the **emotional wellbeing, mental health, ability to learn** and even the **physical health** of their students.’*

<https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>



## KS2 feedback

‘I have noticed that now I let my worries go’

‘When I was not doing mindfulness I would deal with difficulty with anger but when I do mindfulness I’ve dealt with difficulty calmly’

‘It relaxes me, makes me calm and kinder’

‘Mindfulness is good because it calms you down even if you are upset. It helps you choose the right decisions and helps you be your best’

‘I liked the body scan practice because it really helped you to be with yourself a bit more’

‘I use them every day- they have helped me in every way because when I have an argument with my friends I always calm down’

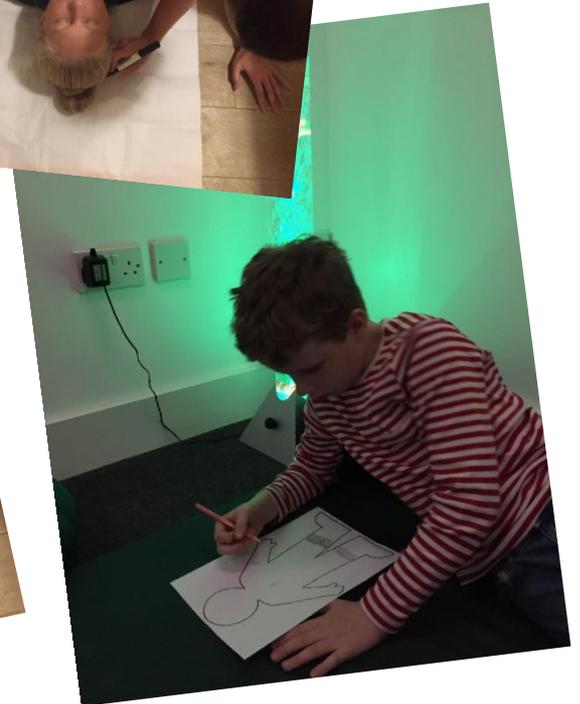
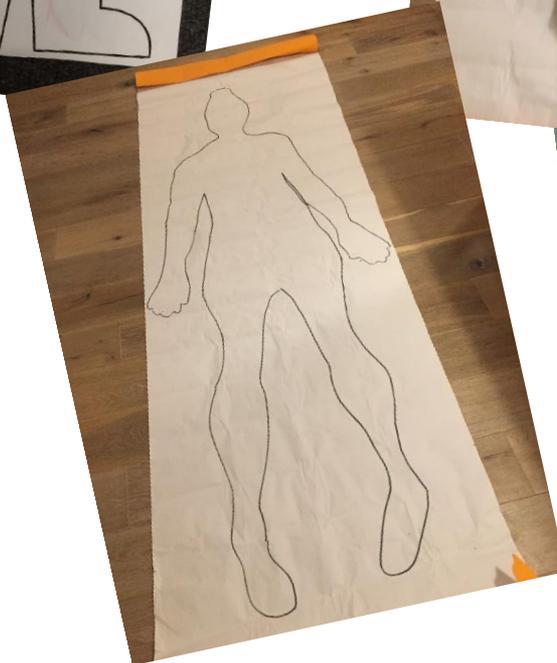
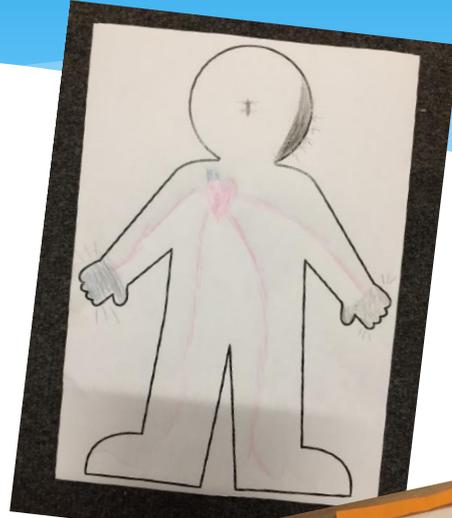
‘It has helped me to stay calm by changing my bad mood into a happy mood which helps me to engage more in lessons, which makes a happy class making the right choices’

‘It helps me when I find a question hard in lessons’

‘It has helped me because when I do it in the morning it helps me to have a positive day ahead- I have noticed that I am a lot more positive and I think about my body more’



# Drawing attention to life







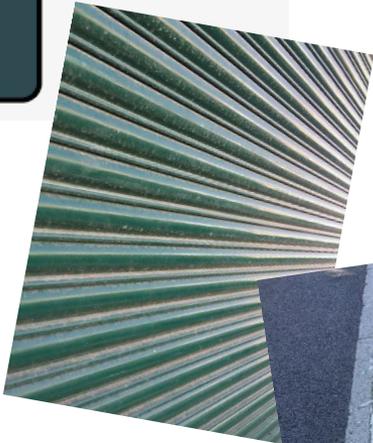
# Drawing attention to life





# Drawing attention to life

## Home Learning





# Drawing attention to life

## Home Learning

### Bring an object to life:

Find an ordinary object and use it to create a picture. You could combine objects to create characters. How can you turn ordinary objects into creative treasures? You could even create a story about some of your objects or characters.





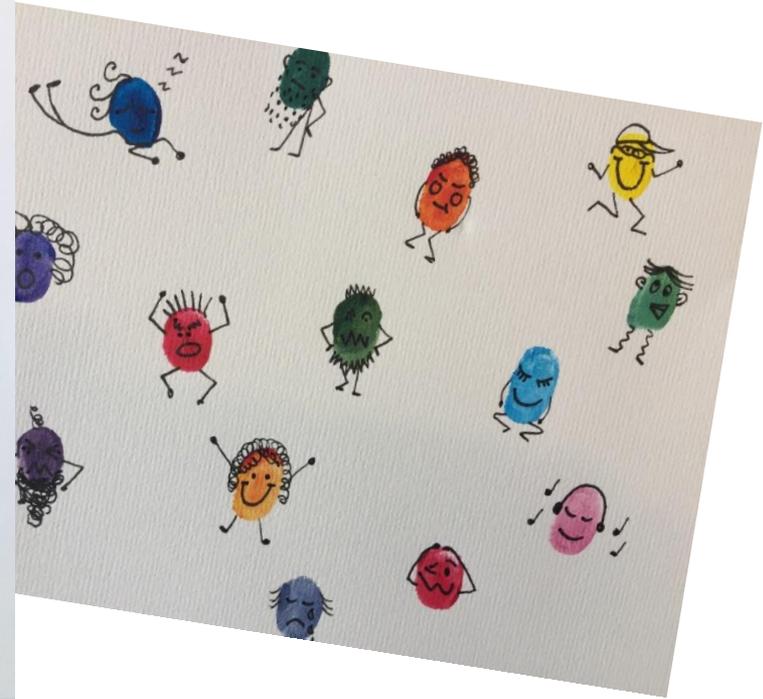
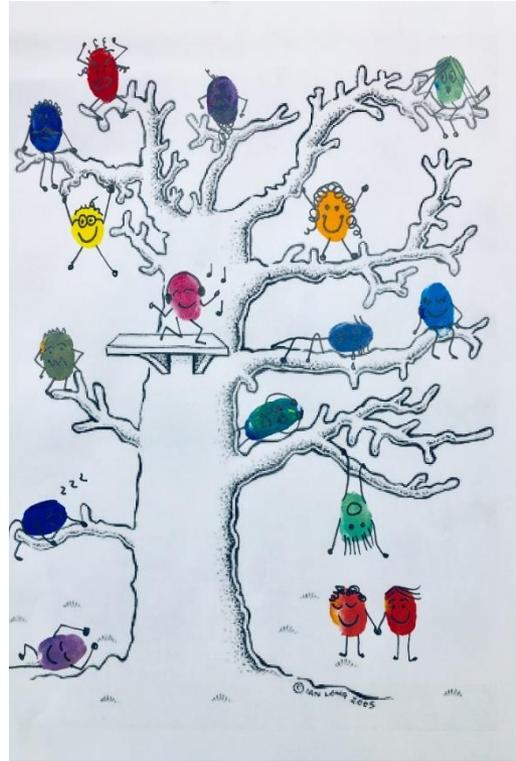
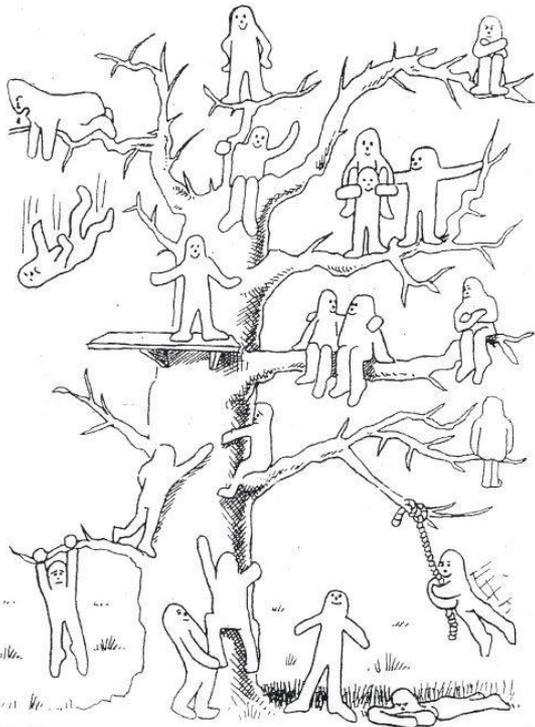
# Drawing attention to life





# Drawing attention to life

## Home Learning



# Applying across the curriculum



# 3 minute breathing space meditation



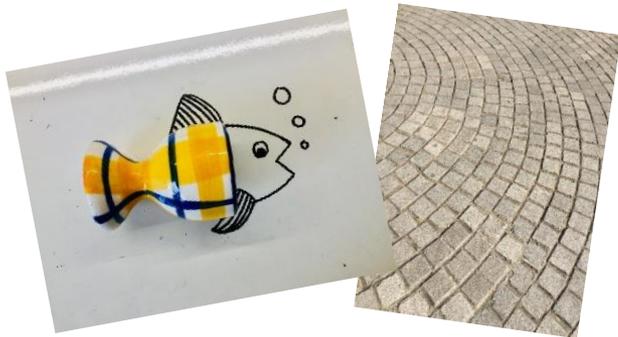
# Take Away

Touch

Sound



Sight



Emotions



## Mindfulness Activity: Listening to our bodies

Mindfulness is simply... noticing what is happening right now.

This could be taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a pleasant sensation. Mindfulness also includes noticing our thoughts and whether they are helpful or unhelpful. With practice we can learn to let go of unhelpful thoughts when we notice them. Learning to listen to our bodies is a really important way that we can take care of ourselves. Getting to know ourselves and our feelings in this way, can help us to know what we need and how best to respond.

This week, bring as much attention as you can to how your body feels throughout the day- does it change when you do different activities or feel different feelings? Be curious and interested- sometimes it may feel pleasant and other times unpleasant- remember that's normal and that's ok- we can just notice with **kindness and acceptance** however we feel and notice how this changes throughout the day. It's all part of getting to know ourselves better.

### Home Practice Challenge:

#### Make a List:

Make a list of activities which feel good for your body and your mind to help you feel calm, peaceful and relaxed. Here's some ideas:

- Have a snack
- Get a drink of water
- Rest
- Sing a song
- Sit in a quiet place alone
- Go outside and jump around
- Colour or draw
- Dance
- Cuddle a pet or cuddly toy
- Spend time with someone you love



#### Have a Go!

#### Meditation:

Have a go at a **body scan meditation** to practise noticing all the different sensations in your body. Be curious and interested in what you notice and how sensations change.

Make sure you find a comfortable and quiet place to lie down to help you to relax and stay focused on the meditation.



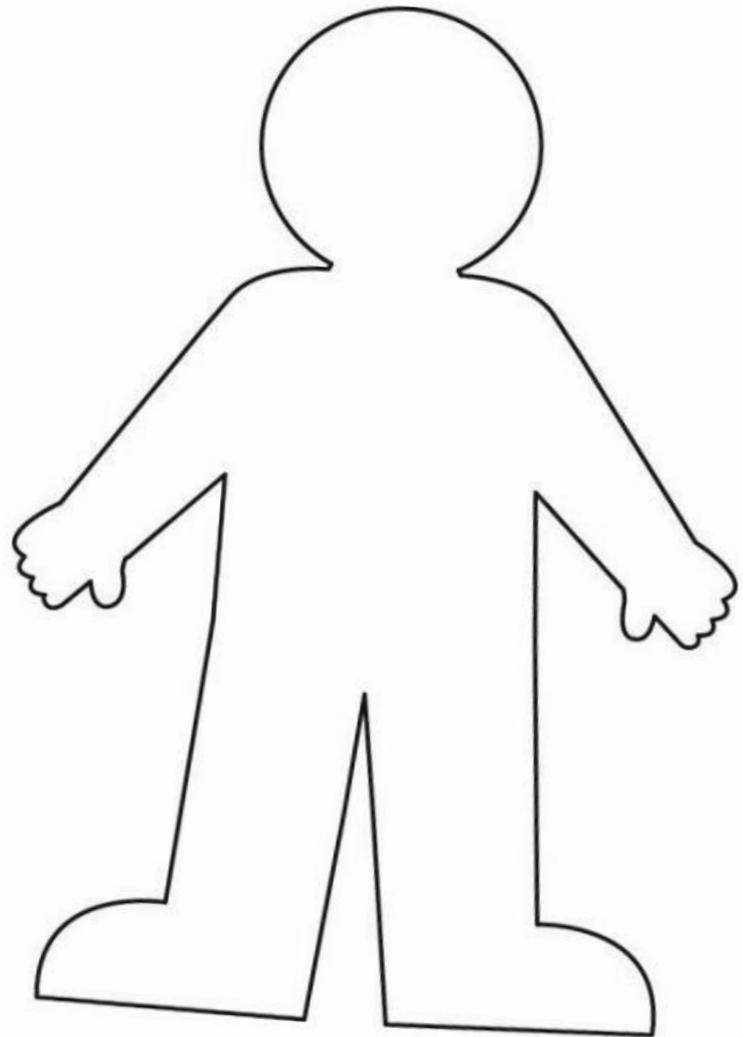
You can listen to a 10 minute guided meditation recording of the body scan here:

<https://www.youtube.com/watch?v=10WNs3FFFK8>

#### 'Draw' attention to your body:

After you've done the meditation, use different coloured pens to draw what you felt in different parts of the body when you were doing the body scan. How will you record what you felt? Could you use different marks, lines and colours to represent different sensations? Use the body outline on the next page as your template.

You could even upscale this activity and get someone to draw round your own body on large paper!





# How?

Invite a mindfulness teacher in to teach a 6-12 week mindfulness course to your students



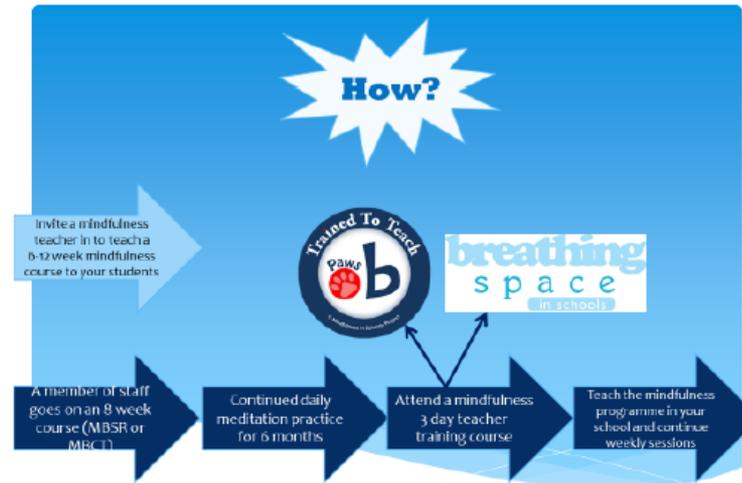
A member of staff goes on an 8 week course (MBSR or MBCT)

Continued daily meditation practice for 6 months

Attend a mindfulness 3 day teacher training course

Teach the mindfulness programme in your school and continue weekly sessions

# Mindfulness in Schools



## Developing your own mindfulness practice:

The following companies offer 8 week MBSR courses (mindfulness based stress reduction):

<https://www.breathworks-mindfulness.org.uk/>

<http://breathingspacelondon.org.uk/mindfulness-for-schools/>

<http://breathingspacelondon.org.uk/>

<https://www.northlondonbuddhistcentre.com/?page=mindfulness-courses>

<https://mindfulnessinschools.org/begin/>

I am an accredited Breathworks teacher and run their 8 week course both online and in person from our school site in Westminster. Please email: [hannah@sohoparish.co.uk](mailto:hannah@sohoparish.co.uk) for more information on upcoming courses.

## Training to teach children mindfulness:

If you're interested in teaching mindfulness to children, then once you've done the 8 week course and been meditating daily for 6 months, you can do the 3 day teacher training. Both 'Mindfulness in schools project' (MiSP) and 'Breathing Space in Schools' (BSiS) offer this. Both companies also offer the 6-12 week courses for children to train them in mindfulness.

As a mindfulness practitioner and teacher I also run 1-2hr taster sessions for teachers in schools and 30 minute taster sessions for students. If you are interested in having a taster session at your school then please contact me at:

[hannahpeaty@outlook.com](mailto:hannahpeaty@outlook.com)

Lastly... an interesting read- research study on impact of mindfulness on children and young people from Professor

Katherine Weare: <https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

**BREATHWORKS MINDFULNESS FOR STRESS 8 WEEK COURSE  
FOR TEACHERS AND SCHOOL STAFF**



**Course information:**

Online Thursday evening course 7-9pm

21<sup>st</sup> January- 18<sup>th</sup> March 2021

(10% discount if you register by Friday 8<sup>th</sup> January!)

Number of participants: 12

TO BOOK YOUR PLACE OR FOR MORE INFORMATION

EMAIL: [hannah@sohoparish.co.uk](mailto:hannah@sohoparish.co.uk)

# Any Questions?

[hannah@sohoparish.co.uk](mailto:hannah@sohoparish.co.uk)

Blog:

<https://www.anewdirection.org.uk/blog/classroom-activity-drawing-attention-to-life>

Soho Parish YouTube Channel with mindfulness videos:

<https://www.youtube.com/channel/UCJXwyyDZwuCgZsu8PJbbcdw>