



Mental Health in Schools Team Tips For Wellness



Being mindful and taking notice

As humans, we experience a range of different emotions daily. Sometimes when we experience emotions that are more difficult, it can be hard to manage.

Taking notice of our emotions and feelings can help us to understand our feelings and manage them in a more helpful way. One way to take notice is not to focus on the future or past, but pay attention to the present moment you are in.

Mindfulness is a way to practice how to take notice of where we are and what we are doing. Mindfulness can help us take notice of our thoughts and feelings whilst staying in the present moment.

Our tips for being mindful and taking notice:

- Try the **5-4-3-2-1** mindfulness activity by following the QR code:



- **Music and listening** - try listening to your favourite song or relaxing sound and take notice of what is happening in your body and feelings. How do you feel after listening to music or a relaxing sound? Do you feel different to how you felt before?

- Taking notice of the **positives**. Write down 3 things that were positive about your day, no matter how big or small!

- Have a go at rainbow relaxation mindfulness:



- 3-minute body scanning:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.