

# Wellbeing



## Mindfulness Meditation

Learning how to use meditation effectively from a young age can have a positive impact on your child and their learning. Meditation helps to keep our mind on the present moment, reduces stress and helps with anxiety. It takes a lot of practice and patience to be able to meditate effectively, but it is a skill we can use our whole lives.

At St Martin's we practice meditation weekly, as a whole school and in our classes. Smiling Minds, our Social and Emotional Curriculum, teaches students to meditate by calming their minds and develops an awareness of their bodies and feelings. Having an awareness of our bodies and how we are feeling in the present moment helps us to focus and retain learning.



*'One of the most important ways meditation is able to help kids excel in the classroom is by **improving their working memory capacity**, one of the brain's key executive functions for cognitive development — and a particularly important one when it comes to developing core academic skills such as literacy and mathematics.'* [Meditation for Kids - Headspace](#)

Meditation requires routine and discipline. Finding a time in your day when you can meditate with your child develops connection and calm. When you meditate with your child remind them that it is normal for your mind to wander, it is important to notice when this happens so you can bring your attention back to the moment. It is about focusing our attention on the present moment not being distracted by past and future worries.

Talk with your child after you have meditated together...



How do they feel?

Describe your feelings in two words.

What did they notice?

Did your mind think about other things?

Could you focus on your breathing?

How did it feel when you breathed deeply?

There are many apps that you can use at home to practice mindful meditation with your child, Smiling Minds and Headspace are two that we use at school.

You can also find Headspace interactive 'Unwind Your Mind' on Netflix.



[www.headspace.com](http://www.headspace.com)



[www.smilingmind.com.au](http://www.smilingmind.com.au)