

What a wonderful Sabbatical Week we have been celebrating!

We started on Monday with Mindful Monday where students investigated the importance of mindfulness. Then classes participated in a range of activities, led by their teacher, which enabled the students to achieve mindfulness by regulating their emotions and to be fully in the moment. Some of these techniques included mindful colouring, deep breathing, yoga and meditation.

In the previous newsletter I wrote of being able to regulate our emotions and the fact that this is a vital lifelong skill. Stage 3 students watched some clips on the brain and looked at the amygdala. The amygdala controls our fight or flight response, this can be useful when facing danger. However, the amygdala can also make us feel frustrated, anxious or angry. When this happens we need to reset our brain and learn to calm ourselves down. This can be achieved through practice and our brain learns to reflect instead of react to situations. When we reflect we make a choice to treat ourselves and others with kindness and compassion. An easy way to do this is by taking slow and steady breaths. I have included a sheet with other ideas to help calm children down. Of course this is not an exhaustive list and you may enjoy making your own list with your child. [Click here.](#)



KidsMatter refers to mindfulness as, *“a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain’s default mode.”* [Click here](#) to read more from KidsMatter on the importance of regulating emotions and calming down.

Thank you to the creativity displayed for Wacky Wednesday. It certainly put some brightness into a cloudy day.



Remember to have your jokes ready for Friday!