

Module 4: Mindfulness

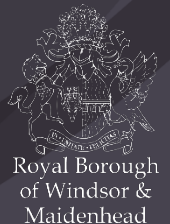
Wellbeing Team

Delivered by Hariette Sarner



achieving
for children

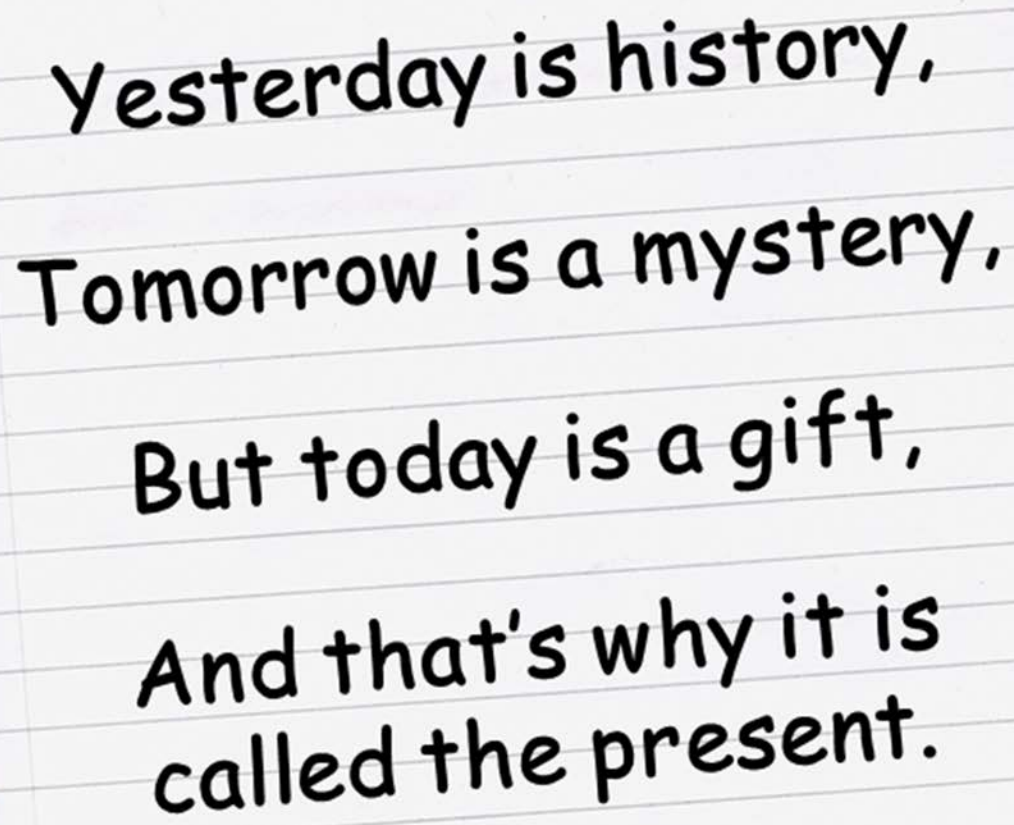
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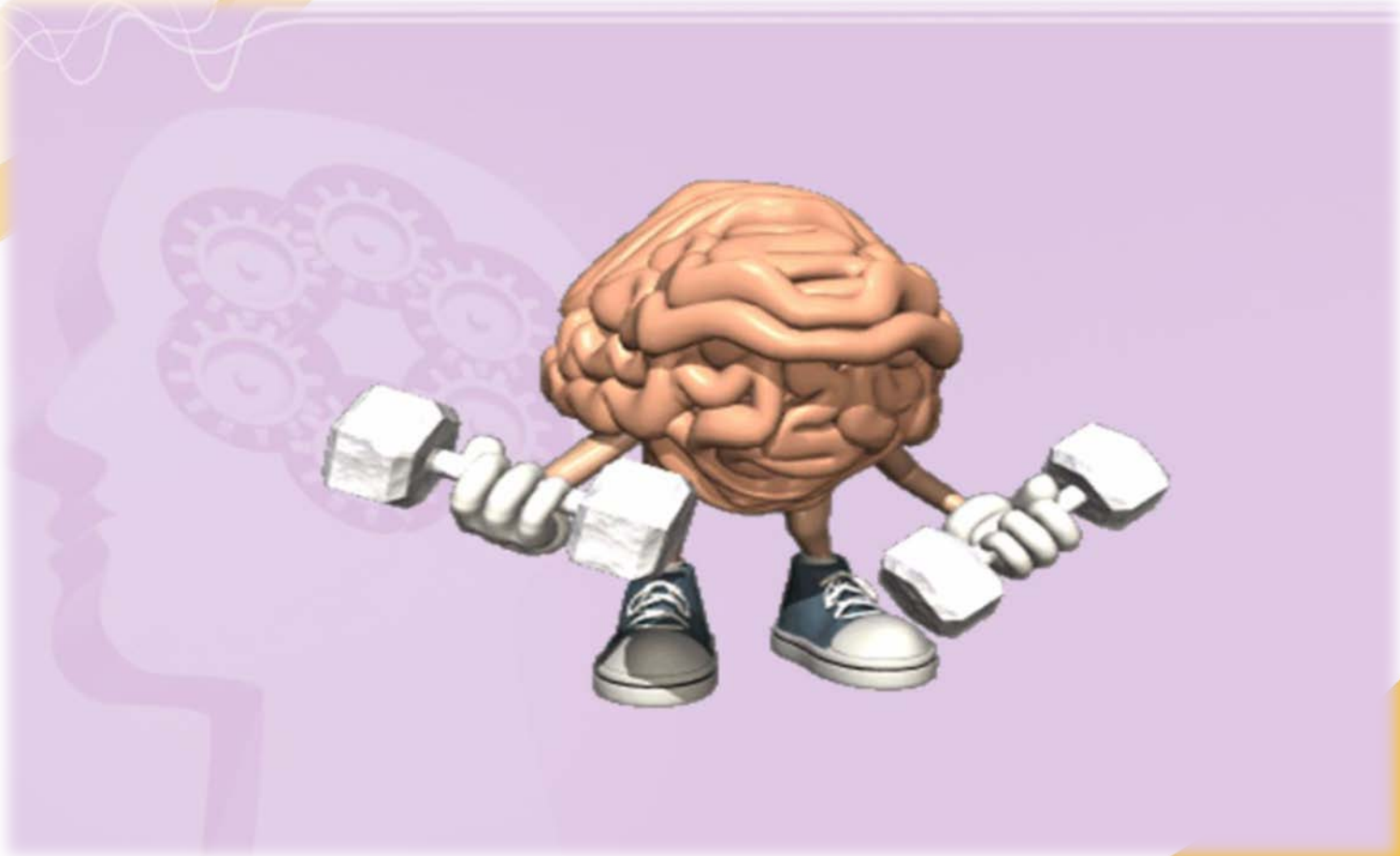


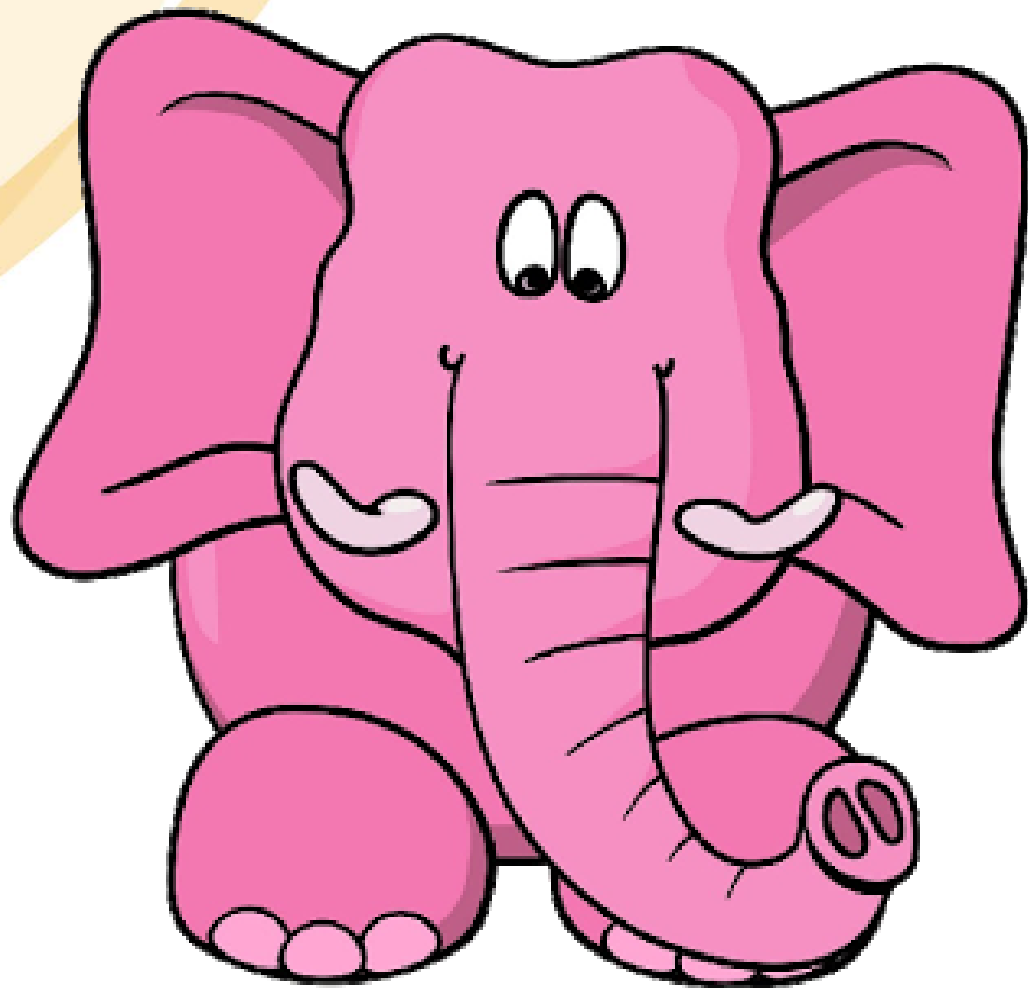
Mind Full, or Mindful?



Yesterday is history,
Tomorrow is a mystery,
But today is a gift,
And that's why it is
called the present.

We can train our mind





Thoughts come... and go...



But you don't have to get on the bus!

Tummy and chest breathing



Finger Breathing



Chocolate meditation



Relaxation and Mindfulness - Apps



Homework tasks.....

Have a go at practising mindfulness strategies at home with your child.

Read Chapter 13 - Additional strategies 2: managing physical symptoms of anxiety

In addition, you may wish to read the following:

Chapter 15: Some final words on the guide: keeping it going.

Chapter 19: Overcoming difficult behaviour.

Chapter 18: Sleep problems.

Chapter 20: School attendance difficulties.