

Tapping

A form of acupressure, children 'tap' at certain places over their body, up to 1 minute at each spot. Tapping sends signals to the part of the brain that controls stress and lets the brain know that you are safe.

Tapping is focused on Meridian points which are known as 'energy hot spots' and the process involves restoring your body's energy.



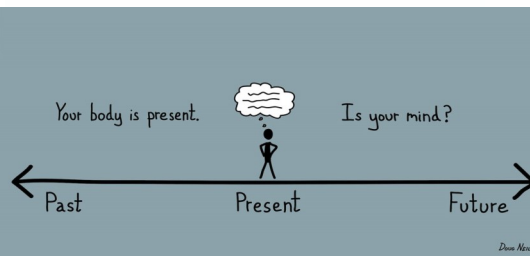
Mindful breathing

Breathing mindfully encourages a person to focus on the here and now, telling the body it is safe and emptying the mind of worries and anxieties.

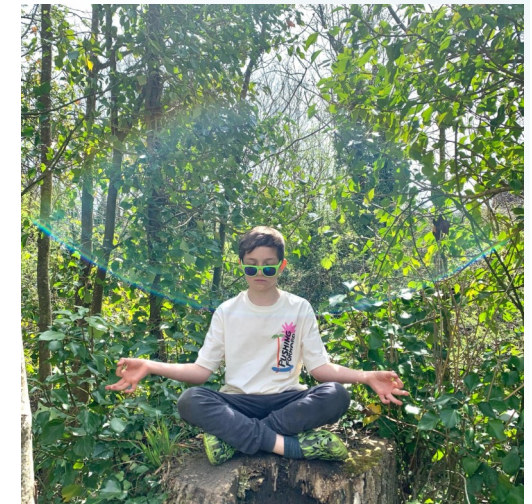
Mindful breathing can be practiced in many different ways:

- Breathe in for 4 breathe out for 6
- Breathe like your favourite animal
- Breathe in as though you are smelling a flower, breath out blowing on it's petals
- Breathe in blowing up your stomach like a balloon and deflate

**These are just some examples of
mindful breathing**



Mindful strategies for children and families



What is mindfulness?

At Fairlands, we are working on becoming more mindful. This means we are learning how to understand our emotions and develop strategies that can support us to regulate our nervous system and improve our mood.

In order to be mindful we need to focus on the here and now rather than worrying about the future or being upset about what has already happened.

Strategies we use at school to do this include:

- Emotional literacy
- Using a calm corner/safe space to regulate and calm.
- Mindful breathing
- Tapping
- Positive affirmations

These strategies are great because: children can use them independently, they're free and you do not need special resources to use them.



Positive affirmations

Our brain can only have one thought at a time so make it positive!

Children need resilience and self-belief to achieve in life so help to build them up by repeating positive 'I am' statements every day. Maybe in front of the mirror when brushing your teeth or make it a part of your bedtime routine.

I am smart

I am kind

I am happy

I am brave

I am strong

I am loved

Calm corner or safe space

This is a cosy, warm space in your home that a child can go to when they feel they need alone time or time to reflect. A safe space where they will not be judged and can feel at peace. The child may not always be able to explain why they want to be in their safe space but are encouraged to access it.



Emotional literacy

Being able to express how you are feeling and identify the cause or what you need are incredibly important to a child's wellbeing and something they will need throughout their whole life.

"Name it to tame it" tells us that simply by addressing how they are feeling (not just happy or sad) can improve a person's mood. Then, applying a strategy to help when they are experiencing low mood helps children to regulate and return to calm more quickly.

Regulating our nervous system

Our nervous systems are responsible for controlling our digestive systems, heartbeat, breathing, skin and information travelling between our brain and bodies.

So it is no wonder we feel so many affects when we are not regulated. When we feel emotions linked to fear, shame and sadness our bodies move into their sympathetic state (fight or flight) and everything begins to shut down so our energy can go towards our limbs.

In order to feel emotionally well and ready to learn children need to use strategies to show their bodies they are safe (such as the ones we are using) .