

## Grounding Exercise

In an unpredictable world, it's easy to get caught up in stress and anxiety. Grounding techniques present a practical method for redirecting your focus from distressing thoughts and reconnecting with the present moment. These strategies are particularly effective in soothing the body's fight-or-flight response, enabling you to attain a more balanced state of mind.

**GROUNDING WITH YOUR FIVE SENSES**

*What are* **5** *things*  
THINGS YOU CAN SEE  
**SUN**  
PICTURE ON THE WALL  
PEOPLE WALKING

**4**  
THINGS YOU CAN FEEL  
**WIND BLOWING**  
FEET ON THE FLOOR  
PENCIL IN HAND

**3**  
THINGS YOU CAN HEAR  
**BIRDS CHIRPING**  
CLOCK TICKING  
CAR HORNS

**2**  
THINGS YOU CAN SMELL  
**FOOD FROM THE CAFETERIA**  
LAUNDRY DETERGENT ON CLOTHES  
FRESH CUT GRASS

**1**  
THING YOU CAN TASTE  
**MINT**  
Breakfast  
TOOTHPASTE

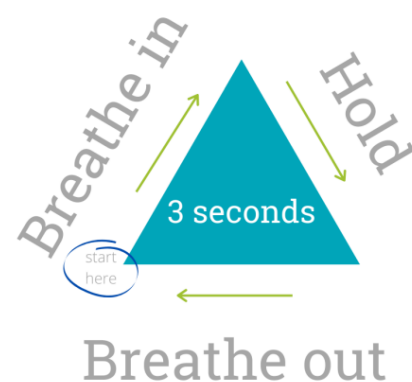
Here are some ideas that you can use at home and school to help calm during times of anxiety.

5 simple strategies for [managing anxiety](#)

A lovely [cartoon of a balloon](#) that can carry their worries away.

## Breathing Exercises

Breathing exercises are an invaluable resource for enhancing focus, managing stress, and boosting overall mental health in children. Integral to yoga and daily life, these techniques empower children to regulate their emotions and responses, fostering tranquillity. Furthermore, they enhance concentration, revitalise energy, and can even assist in alleviating respiratory issues such as asthma. Engaging children in imaginative breathing activities introduces them to mindfulness and promotes self-regulation in a fun and effective manner.



Cosmic Kids has 8 fun breathing exercises for children:

<https://cosmickids.com/fun-breathing-exercises-for-kids/?srsltid=AfmBOopPXg6Df67Blux5hso7nRxER8EsUierjYS13PX95vn7WfKhBWwE>



## Mental Health and Wellbeing

If you have concerns about your child, please speak to your class teacher.

For more information including lots of useful links, please see the ['Wellbeing'](#) page on our website.

Fostering good mental health is paramount for our families, particularly during periods of change. Maintaining positive mental health enables us to relax, achieve our goals, and truly enjoy life.

The NHS provides valuable guidance to support your family's wellbeing:



**Connect with others:** Strong relationships are essential for mental wellbeing, fostering a sense of belonging and self-worth while offering emotional support.

**Be physically active:** Physical activity not only boosts fitness but also enhances mental health by raising self-esteem and positively influencing mood.

**Learn new skills:** Engaging in new activities can improve mental wellbeing by boosting confidence and establishing a sense of purpose.

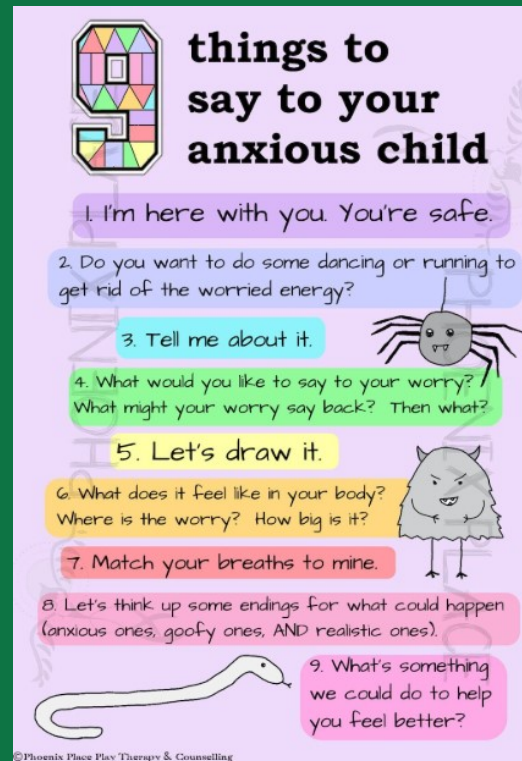
**Give to others:** Acts of kindness can significantly elevate one's mental state and sense of fulfilment.

**Take notice:** Being present can enhance awareness of thoughts and feelings, contributing to overall mental health.

By implementing these strategies, we can nurture our family's wellbeing together.

## How to Support Anxiety

When children experience anxiety, it is instinctive to seek ways to alleviate their discomfort. However, shielding them from distress can exacerbate their fears. Instead, equip them with strategies to manage anxiety effectively; with practice, they will grow more resilient.



## Mindfulness

Mindfulness is an important part of self-regulation. It equips children with the skill to become aware of their bodies without responding rashly. Through mental imagery, they can calm themselves and pay attention to their breathing and emotions, fostering a sense of calm and emotional resilience.

## Mindfulness Ideas for Children

Cosmic kids den, the listening game  
[https://www.youtube.com/watch?v=uUIGKhG\\_Vq8&v=en-GB](https://www.youtube.com/watch?v=uUIGKhG_Vq8&v=en-GB)

Breath mediation for kids  
[https://www.youtube.com/watch?v=cyvuaL\\_2avY](https://www.youtube.com/watch?v=cyvuaL_2avY)

3 minute body scan meditation for kids  
<https://www.youtube.com/watch?v=r6CPzyqCff0>

Peace out guided relaxation for kids  
<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Guided meditation for children  
[https://www.youtube.com/watch?v=7j\\_Na4Baoaw](https://www.youtube.com/watch?v=7j_Na4Baoaw)

Relaxing Deep Sleep Music  
[https://www.youtube.com/watch?v=1ZYbU82GVz4&list=RDQM8vtZPRbBnO0&start\\_radio=1](https://www.youtube.com/watch?v=1ZYbU82GVz4&list=RDQM8vtZPRbBnO0&start_radio=1)

20 minute guided mindfulness exercise for older children  
<https://www.youtube.com/watch?v=thYoV-MCVs0>

Kids explain mindfulness  
<https://www.youtube.com/watch?v=awo8jUxIm0c>

## Mindfulness Hub

<https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>