Mental wellbeing

At Mayflower we are committed to support our children and families to build on their emotional resilience and mindfulness strategies.

In our base, we have had a 'mindfulness week' where we introduced our children to some strategies to support them with their wellbeing throughout the day.

One of the techniques we have considered is our breathing and how we can change this to relax our bodies or help us to find some calm if we feel things are on top of us.

Nursery children have been practising the candle breath, rainbow breathing and flower breathing.

Reception have been learning new ways to breathe if they are feeling, sad, worried angry or scared. Some children have also created tissue blowers to help them focus on their breathing.

We have also introduced yoga as a way of practising breathing, stretching and relaxing our bodies.