

MENTAL HEALTH & WELLBEING

We are proud to be one of the UK's leading MindUP schools. As part of our Wellbeing week children have been embedding their learning about the brain and have been making amygdala bottles to help them self regulate their emotions. Please do visit the MindUP UK website for lots of helpful hints about how to embed MindUP at home.

Parent tips for bringing MindUP lessons and concepts into the home environment

- Connect with your child through mindful moments - taking time to immerse yourself together in present activities, like listening to sounds, or taking a walk outside can enrich enjoyment
- Practice gratitude at a family meal - simply noting one thing we are thankful about helps induce positive emotions
- Join together daily in a quiet, focused breathing exercise - together take three deliberate deep breaths to bring calm and reduce stress

Evidence indicates MindUP's positive impact on a range of measures:



86%

Children report being able to boost their well-being by using MindUP.



88%

Children who, after learning MindUP, use it at home.



83%

Children indicate improvements in pro-social behaviors.

- At the end of the day, ask your child to share one or more things that went well today - this