

Self care strategies for schools - resources pack

Providing knowledge, understanding and tools for staff and students to thrive and not just survive!

We have compiled a list of videos, articles, research links that will help develop teacher, pupil, parent and governor awareness, knowledge and understanding of the importance of developing self care strategies within the school environment and at home.

It is compiled under the headings of knowledge and understanding, and then practical implementation within the classroom, based on individuals experience of integrating self care strategies into schools, specific for certain year groups. It is a work in progress and we are always looking to add to the support network.

In time we hope that lesson plans for various year groups will be posted here. So watch this space!!

Knowledge and Understanding

Staff

Fight and flight...stress

A short BBC animation **(2.5 mins)** on explaining fight and flight.

<https://www.youtube.com/watch?v=hnpQrMqDoqE>

The relaxation response explained. Useful and simple explanation to describe the role of the autonomic system in response to stress and in particular the parasympathetic (or vagal) role. **(2min read)**

<https://www.psychologytoday.com/gb/blog/heart-and-soul-healing/201303/dr-herbert-benson-s-relaxation-response>

Ways of managing stress **(2 min read)**

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

Health behaviours.

An article to increase understanding of what health behaviours we and our students are likely to take on board and why. **(2min read)**

<https://www.verywellmind.com/health-belief-model-3132721>

What is mindfulness?

Andy Puddicombe describes mindfulness in a nutshell **(10 Minute Ted Talk)**

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

Mindfulness, staff performance and wellbeing ...the evidence **10 min read**

<https://mindfulnessinschools.org/wp-content/uploads/2014/10/Evidence-for-Mindfulness-Impact-on-school-staff.pdf>

Mindfulness and pupils ... the evidence **10 min read**

<https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

Breathing

Emma Sepalla in a **10 minute** TED talk –discusses how breathing and emotional state are linked, and reflect one another. **Year 6**

<https://www.youtube.com/watch?v=Uvli7NBUfY4>

Breathing and attention are linked and this article describes the science in easily digestible language. **(2 min read)**

<https://www.sciencedaily.com/releases/2018/05/180510101254.htm>

The bodies role in in thinking, feeling, behaviour and performance.

Dr Alan Watkins describes how all the above are intertwined on TED talk (**first ten minutes of 20 min video**)

<https://www.youtube.com/watch?v=q06YIWCR2Js>

Mind, emotions and body linked, top down or bottom up?

Article **(2min read)**

<https://www.mentalhelp.net/blogs/bottom-up-or-top-down-how-we-generate-emotions/>

Video (**2.5 min**)

<https://www.youtube.com/watch?v=TLHIfPTRekA>

Neuroscience article **(30 min read)**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2818254/>

Internal body signals impact on immune system, heart function, gut bacteria , emotions and much more! (**30 min read**)

<https://www.sciencedirect.com/science/article/pii/S2352250X17300106>

How the physiology in the body changes with specific emotions (**2 Min read**)

<https://www.fastcompany.com/3024327/an-atlas-of-the-human-body-that-maps-where-we-feel-emotions>

How do emotions impact on our thinking. Good information on teaching to pupils.

A visual representation of how emotions can hijack our thinking brain..Dr Dan Siegel (**2.5 min video**). **Great link for parents**

<https://www.youtube.com/watch?v=qFTljLo1bK8>

How naming emotions can really help decrease the hold they have over us.

4 min video by Dr Siegal explaining
<https://www.youtube.com/watch?v=ZcDLzppD4Jc&t=141s>

(3 min read) on how naming emotions can help
<https://www.6seconds.org/2018/01/21/getting-unstuck-power-naming-emotions/>

Students

Fight and flight...stress

A short BBC animation **(2.5 mins)** on explaining fight and flight. **Year 5 and 6?**

<https://www.youtube.com/watch?v=hnpQrMqDoqE>

A visual representation of how emotions can hijack our thinking brain..Dr Dan Siegel
(2.5 min video)

<https://www.youtube.com/watch?v=qFTIjLo1bK8>

Mindfulness for schools curriculum

Mindfulness Apps and Programmes

The Smiling Mind link below is for an Australian website, with a **Free app** that was rated worldwide as 2nd best! so covers **ages from 4-5 and above**, very extensive and comprehensive(aussie accent!). You can download meditations. Very much a whole curriculum package for each year group. Looking for whole school approach then ticks all the boxes.

<https://www.smilingmind.com.au>

The headspace app has great animations and also different meditations for **age groups from five upwards**

<https://www.headspace.com>

Go noodle website for more **younger age group** fun/breathing/mindful activities.

<https://www.gonoodle.com>

Whole school approach and training?

<https://mindfulnessinschools.org>

Some useful tips for integrating mindfulness into the curriculum

<https://www.theguardian.com/teacher-network/teacher-blog/2014/jul/23/how-to-mindfulness-classroom-tips>

Practical implementation within the classroom and at home

Staff wellbeing

Breathing

The **vase breath** is a great way of touch base with your breathing practice the **5 min meditation below**, before integrating into your day while you are on the run!

<https://vimeo.com/198260963>

Body scan

5 min body scan

<https://vimeo.com/199193458>

Yoga Nidra deep relaxation App. This a effectively comprehensive 10 minute body scan, great for sleep

<http://www.yogarelaxapps.com/apps.html>

Mindfulness

The headspace app is a great way to stay on track with your practice

<https://www.headspace.com>

Yin Yoga

A good teacher and place to find out more about Yin Yoga

http://www.yogawithnorman.co.uk/about_yoga_with_norman.html

Pupils wellbeing

Breathing taster /introduction (any year group?)

just breathe is a great way of introducing breathing to any age group? It can open up a discussion on emotions feelings and how breathing can be used to help calm our stronger emotions(**3.5 min video**) of children modelling the benefits of simply breathing. A good way in?!

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

Body Scan in a chair

https://www.youtube.com/watch?v=ihwcw_ofuME

Simple Mindfulness (Younger year group?)

One minute Gozen mindfulness listening to bell (auditory sense)

<https://www.youtube.com/watch?v=ZME0JKiweL4>

Rainbow Breathing with movement (kinesthetic sense)**Gonoodle**

4 min video

<https://www.youtube.com/watch?v=O29e4rRMrV4>

1 min video Watching snow fall (visual sense)

https://www.youtube.com/watch?v=8y0QzKXb_U8

Series of ten mindfulness progressive sessions (**3min session**) **Year six great for transitions**

<https://vimeopro.com/user37490083/stop-pause-reset>

Mindful reflective journal writing (**Year 6**) www.mindfulwriting.net

reflective writing journal 10 week programme

https://drive.google.com/file/d/1P919jLOK3_sIHVByeco9fTJ_CTBYXXQ/view

reflective writing Meditations 10 mediations to accompany journal

<https://vimeopro.com/user37490083/httpmindfulwritingnet>

Need some mindfulness role models?? 3 min video.

Don't forget to wait for the out takes!! Year six

<https://vimeo.com/249164574>