

Educational Psychology Service

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Dear Parents/Carers

I wanted to let you know about the mindfulness work which I have been doing in school. Last term, I delivered group sessions for teachers which they reported as very successful and I will now be delivering some mindfulness sessions to children. This is based on the 'Paws b' mindfulness training (from the Mindfulness in Schools project) which aims to teach children to become more aware of techniques to understand thoughts, feelings, body sensations and behaviour and how to manage these more effectively. The sessions will focus on ways for children to steady themselves when their mind/body is busy or when they feel stressed. It also helps them to become more aware and skilled in responding rather than reacting, highlighting the impact of their emotions on their body state. It helps them to support all their activities and relationships in their lives.

Children will experience short meditation practices which they will then be asked to practice outside of the classes and at home. Learning from all the lessons is encouraged to be connected to other aspects of the school curriculum.

Mindfulness practice enables the development of attention skills, extends thinking skills such as metacognition and helps children to understand themselves better. It helps them to be resilient, resourceful, to face challenges and it provides them with the skills and understanding that can be available throughout their school life and beyond. Studies have also shown that pupils who experienced this intervention had increased positive attitudes towards their learning and improved academic results.

The mindfulness training is ideally targeted at Years 4-6 and I will be working with one Year 5 class initially (but this may extend to other classes at a later date). There will be six sessions, lasting one hour each.

Kind Regards,

A handwritten signature in blue ink that reads 'K. Hodes'.

Karen Hodes

Karen Hodes

Educational Psychologist

Senior Specialist Practitioner in Haringey

