

PARENTS / CARERS

- **The definition of 'Take Notice':** Being present in the moment and being aware of the world around
- **Background:** Life can be challenging and overwhelming at times and we often forget to find time to focus on the positives. Taking the time to notice the world around us promotes good mental health by helping us to appreciate and feel grateful. It may also help us to recover better from the stress we experience. The more you practice, the easier it becomes. Mindfulness is a great way to help children be present in the moment, and to take notice. There is evidence that shows mindfulness can help children to feel calm, have greater compassion and improve their attention

PRE-ACTIVITY

- Ask everyone taking part to discuss what it means to 'take notice' (For example, being present | noticing what we are feeling in our bodies and minds | noticing the world around us)
- Discuss different techniques that can help us to be more aware of the present moment (For example, yoga | meditation | mindfulness)
- Discuss with the children the benefits of yoga and meditation for the body and mind (For example, healthier bodies by improving strength, energy levels and helping our bodies to fight infection | healthier minds by helping us to manage stress, stay calm, feel happier and stay focused so learning is easier)

ACTIVITY

- Set up a space on the floor and use a towel as a mat
- Ask everyone taking part to stand by their towels and take a few moments to think about how they feel
- Please use the accompanying video to complete the Wellbeing Through Sport yoga and meditation session



LESSON CONTINUES ON NEXT PAGE

REFLECTION TASK

- Have a chat about any changes each person noticed in their bodies or minds when they were completing the video
- Think together about how you might all be able to 'take notice' more often. (For example, catching sight of a beautiful smile | hearing a wonderful laugh | enjoying something tasty to eat | seeing a lovely sunset)
- Make an individual or family diary to record moments that you noticed and appreciated
- Start a new weekly planner and include some of the ideas from this session



	Monday	Tuesday	Wednesday	Thursday	Friday
Connect					
Be Active					
Take Notice					
Keep Learning					
Give					

REFERENCES

New Economics Foundation (2008). Five ways to mental wellbeing. Government Office for Science. Available at: <https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrenssociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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