

Week 9 Simplicity



This week's theme was all about being in the moment, and appreciation of the natural world.

We can spend time worrying about the past, planning the future or running on autopilot, which can undermine happiness and well-being. Regularly practising being in the moment changes the brain for the better, helping us to feel happier, calmer and less stressed.



This week the children learned how to be mindful and in the moment. Some classes practised mindful eating using all their senses and children have been enjoying the calming effects of practising slowing down their breathing and some beautiful painting and colouring.

An important part of this week was to focus in on and appreciate the natural world around us. Classes have been on trips to Hampstead Heath with a wellbeing focus. They made dream catchers and sprites out of things they found and practised being in the moment, by super-powering their senses.

