



# Simplicity



Our simplicity week is all about being in the present, taking time for a moment of quiet and the appreciation of the natural world around us. Simplicity is also one of the school's Christian values and you can watch our film all about this [here](#).

Taking time for a moment of peace and calm can support positive mental health in a number of ways:

**Emotional regulation:** helps children manage strong emotions like anger or frustration by creating a space between an urge and an action. This allows them to respond more calmly instead of having emotional outbursts.

**Stress and anxiety reduction:** can lower stress levels and provide tools to cope with anxiety, helping children focus on the present moment rather than worrying about the past or future.

**Improved focus and attention:** can improve a child's ability to pay attention, shift between tasks, and think more clearly, which can positively impact their academic performance.

**Better social skills:** can lead to healthier relationships with peers and a greater sense of self-awareness and empathy.

