

# Mindfulness & Wellbeing Curriculum Map



## Intent

Promoting children and young people's wellbeing is a key part of keeping them safe, helping them develop and ensuring they have positive outcomes into adulthood (Public Health England, 2015). Mental health plays a key role in a pupils overall wellbeing and can be affected by various factors, including environment, stress, family circumstances, abuse and neglect. Negative experiences can adversely affect a person's mental health; just as positive experiences can help improve it. At Highfurlong mindfulness and wellbeing is integrated through everything we do. We understand the importance of it and teach pupils skills and strategies to support their own mental health and wellbeing, develop resilience and to also support the wellbeing of others. Pupils learn where they can get the right support through internal and external agencies when needed. We also deliver a RSE (Relationships and Sex education) and PSHE (Personal, social and health education) tailored curriculum which provides the right support required for all learners to learn and develop their understanding in this area.

## Implementation

To implement mindfulness and wellbeing as part of the curriculum we encourage children and young people to think of their mental health and wellbeing as something that is continually changing, like physical health. Some days we might feel better or worse than others but there are things we can do to improve our overall mental and emotional wellbeing. We talk to them about strategies they can use to take care of themselves. Where some pupils may struggle to express their feelings or concerns, we provide communication tools and support and use language that is appropriate for age and developmental level. We also allow time and support they need to understand what they are feeling. We keep an open environment where children and young people can talk about how they feel without judgement and make time to check in on a regular basis around mindfulness and wellbeing. All pupils access a weekly focused mindfulness and wellbeing session which take into account different skills and strategies we want pupils to know at different stages of their development. We also offer a lunch time mindfulness and wellbeing club where pupils can spend time working on their mental health and wellbeing in a safe and supportive environment. There is a separate curriculum map for PSHE and RSE.

## Impact

Pupils have lots of opportunities across the curriculum think about, learn and focus on mental health and wellbeing. They have a good range of opportunities to learn skills and strategies that contribute to and help us maintain positive wellbeing. Pupils are able to identify when themselves or someone may be experiencing poor mental health. They can highlight contributing factors to poor mental health and are able to ask for help from others when they need it through the tools and resources shared throughout their school experiences. Throughout their school life pupils access a clear sequence of learning that build up knowledge around mindfulness and wellbeing. This means that they are prepared for adulthood effectively with the right skills and understanding about positive mental health and wellbeing.