

Welcome to our Mindfulness section. At Cams Lane Primary School our Early Years and Key Stage one children have started having daily mindfulness sessions.

What is Mindfulness?

Stress and anxiety are on the increase for our children.

Mindfulness is a certain way of thinking that can help us to deal with everyday situations and help us be calmer, relaxed and enjoy life.

Mindfulness is when we are thinking about what we are doing right now and to explore individual emotions.

It can be breathing exercises, meditation or visualisations.

