



# Mindfulness and Wellbeing

**This half term, Oak class have had the opportunity to experience some mindfulness sessions.**

This has included training their minds to be calm and open; bringing their minds into the present moment.

Living in the current technological age, it is important that children learn to become autonomous using techniques such as meditation, the use of essential oils for relaxation and to be comfortable in neutral environments.

The benefits for this are endless, including self-regulation of behaviour, improvement of concentration and calming of nerves; all in preparation for their upcoming Sats examinations and transition to secondary school.

