

School Counsellor Newsletter



The power of Mindfulness

Edition Nineteen

This newsletter continues to look at our Wellbeing Superpowers. The first newsletter in this series, made available at the end of Term One, looked at breathing. This newsletter will focus on Mindfulness, which incorporates breathing, and like breathing has been practised effectively by eastern cultures for thousands of years. Many teachers at Medbury already incorporate mindfulness into their teaching and it is also part of the Aristotle programme across several levels. I also made a Mindfulness teaching resource, similar to this newsletter, available to teachers for the school closure period. My hope is that this newsletter will help you to look into mindfulness further, if you do not practise it already, so that you and your son can develop this Wellbeing Superpower together.

Mindfulness is paying attention to the present moment, with an open-heart and an open-mind. Mindfulness is about being kind to yourself and not judging your thoughts. By becoming aware of your feelings, thoughts and your body's sensations you can notice when you need to take a break, how you relate to other people and if you need to make changes to support your health and wellbeing. Practising Mindfulness has proven physical benefits such as reducing the risk of heart disease, lowering blood pressure and improving sleep. It also has mental benefits as it helps to reduce the symptoms

of stress and anxiety, improves academic performance and helps the regulation of emotions. To explain it simply to your son, it will help him to be happier, cope with challenges, reduce any worries and fears, learn better and live better.

So how can you practise mindfulness? There are many different ways you can incorporate this powerful practice into your day. You can be mindful by doing breathing exercises, meditation, yoga, exercising, colouring, intentionally relaxing, watching the clouds, spending time with a pet, and spending time with nature. There are many different ways so reflect on what works best for you and try out different forms with your son. Perhaps without realising it, you are already being mindful. Take a moment to think about these times - when you focus on the present, without thinking of the past or future - and think about how it is helpful for you. What do you notice is different and better? How can you do more of it? How can you practise it more intentionally?

Give these activities a try with your son:

- **Cosmic Kids:** Yoga and Meditation. Many videos are on YouTube as well.
- **Sparklers:** Mandala Colouring. There are many **Colouring Apps** as well.
- Make a **Mind Jar** together.
- You can even practise **Mindful**

eating - this video uses chocolate!

- **Loving - Kindness Meditation** - to boost self-compassion and positive emotions.

Here are some websites that can support your understanding of Mindfulness:

- **Health Navigator New Zealand: How Mindfulness supports Wellbeing**
- **Headspace.com**

Don't forget to talk to your son about the mindfulness activities he has learned. Getting your son to teach you will hopefully be an easy and rewarding way to develop this skill into your daily practices.

Have fun and be mindful!



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
amos.pilgrim@medbury.school.nz.



MINDFULNESS

RELAX
RELAX
RELAX

Breathe

CLOUD GAZING

exercise

Spend time with nature

Walk BAREFOOT

Open mind

FORGIVE
FORGIVE
FORGIVE

guided meditation

Plant

Cook

Take the dog for a walk

Take a bath

eat with friends
(listen)

