

## Find time for mindfulness

### Mindfulness, self-worth and connection

**Aim:** Identify moments during a busy school week to 'carve out' some space and time for mindfulness, for pupils and for teachers.

The curriculum pressure on teachers should not be underestimated, and children's mental health and wellbeing (as well as that of the adults working with them) is at the forefront of the *Pappus* programme, focusing as it does on taking learning out into the environment, and using the environment to inspire, invigorate and replenish.

The *Pappus* Toolkit and Training introductions provide advice on implementing a new way of working. All the Learning Springboards aim to help you to meet learning targets whilst at the same time giving learners some time in nature. Just 'being' in nature for a few moments, regularly, (every day if possible) can be restorative.

Some of these PSHE activities will be appropriate for Nurture Groups and for those on an Alternative Curriculum. There is overwhelming evidence of the importance of immersion in nature, or even just looking at plants, to the mental health and well-being of us all. The natural world can help to calm children, be life enhancing and restorative, and lead to greater attainment in the long term.

- Taking learning time outside, in and with nature, builds over the weeks to have significant beneficial effects for the mental health and wellbeing of children and adults alike.
- Being outside is even more important for children living in urban areas and in social deprivation.
- If you do not have ready access to green spaces, then bring plants into school, in tubs and planters outside, and bring house plants inside too.
- If you have limited space or resources then even just looking at leaves collected from the grounds or their own home environments, and using them as learning resources inside the classroom, can be a useful alternative.
- Access to the earth is important too, as there is much evidence now that children's immune systems are compromised if they do not access the beneficial microbes in soil.
- Some of the activities in the Toolkit and Training programme suggest simple growing tasks, inside and outside, and some tasks are just about engaging with nature whilst learning and playing.



#### Resources:

- Outside space
- Any plants

#### More springboards:

- See all the other PSHE Springboards for specific activities.
- Curriculum focussed activities can be found in the 'subject' Learning Springboards.
- The *Pappus* Playful Springboards showcase ideas to enrich play and break times.
- See the *Pappus* Training programme for advice on growing plants indoors.

#### Key vocabulary:

Mindfulness  
Mental health and well being

#### Success criteria:

- ✓ The timetable and curriculum pressures allow for restorative time engaging with the natural world.