

May 2021

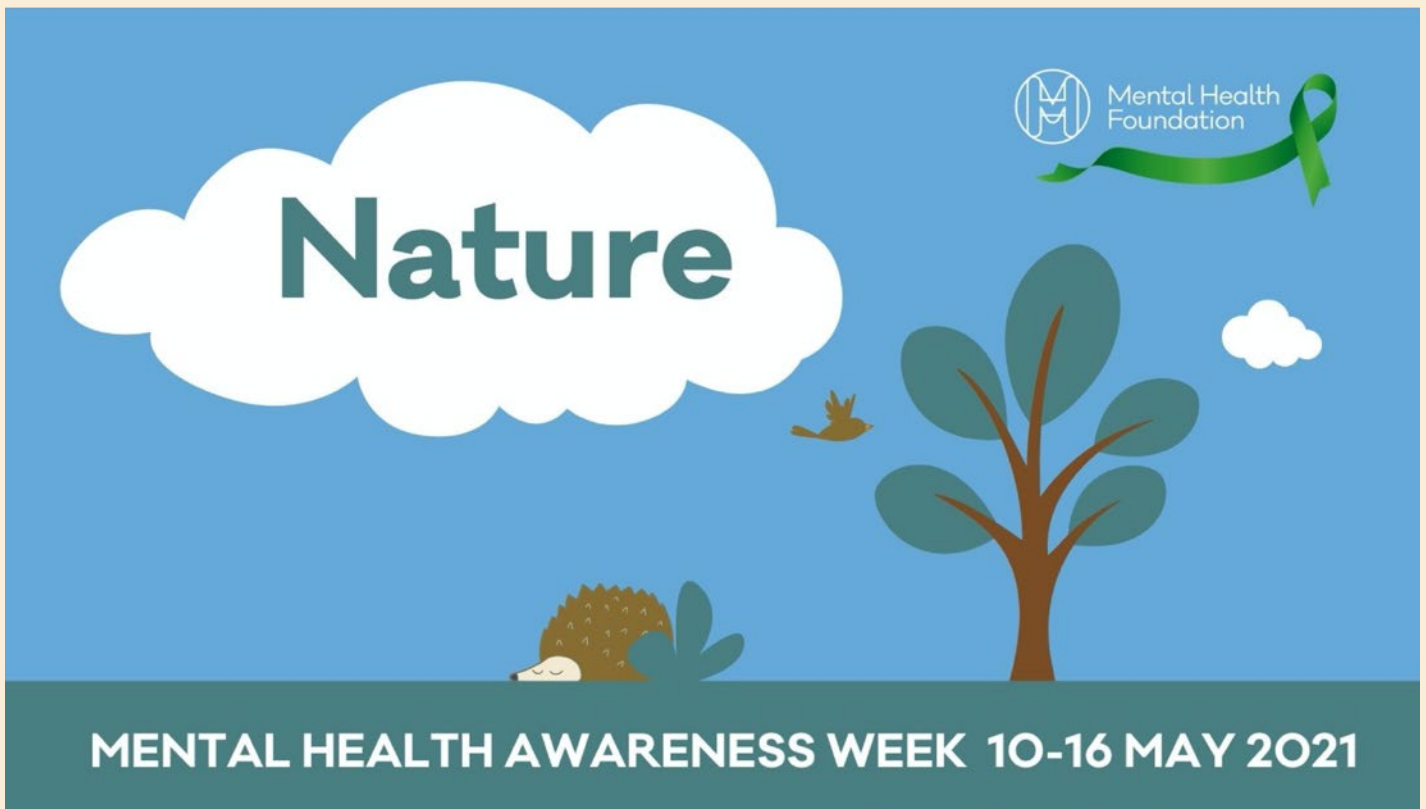
# Newsletter **for professionals**

## Mental Health Awareness Week - 10-16 May 2021

Hosted by the Mental Health Foundation, Mental Health Awareness Week will take place from 10-16 May 2021. The theme this year is 'Nature'.

This week gives us the opportunity to explore nature and mental health and the positive impacts of being in green and blue spaces. There are lots of ways you could explore this in school and The Growth Project, a joint project between WWF and The Mental Health Foundation has some great resources.

<https://www.wwf.org.uk/updates/growth-project-art-nature-and-mental-health>



Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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# World Meditation Day - 21 May 2021

Headspace is a brilliant resource about mindfulness and meditation and they describe meditation as both a skill and an experience that can positively impact your overall health and happiness.

There are so many different forms of meditation and what works is unique to each individual, but a popular way to meditate is mindfulness.

Mindfulness is about learning to be present in the moment and engaged with the world around you, which ties in beautifully with the focus on nature for Mental Health Awareness Week. We have included a mindfulness resource in the parents newsletter.

## Here's a meditation exercise you could try in class

Explain the importance of grounding and mindfulness (that this is something that helps us to feel calm and in control and we can use different techniques if we feel out of control).

Get the children to move into a space away from desks and chairs (they only need to have enough space to kneel down, then stand back up with arms above their head).

Ask them to crunch down in a ball as tight as they can be – ask them to imagine that they are a seed in the ground and to imagine the ground pressing against them, then slowly the sun breaks through the clouds and they start to grow into plants. Ask them to grow up and start to stretch out until they are stretched out as far as they can reaching up to the sun.

Now the wind starts to blow and they will move as the wind blows, swaying – ask them to breath as the wind blows (strong, soft etc.).

Then slowly ask them to come back to being children with arms and legs (shaking each out in turn) rather than leaves and petals.

