

Introduction of Mindful Classes - Friday lunchtimes

We are excited to introduce **Mindful Lunchtime Classes**, designed to provide a quiet and supportive space for pupils to explore positive coping strategies.

The time will be spent practicing a variety of techniques aimed at promoting relaxation, reducing stress, and building resilience. The atmosphere will be calm and welcoming, accompanied by gentle music and my guided voice.

The techniques we will explore include:

1. **Progressive Muscle Relaxation (PMR):** This involves focusing on different muscle groups, being aware of tension, and slowly relaxing each part of the body, from head to toe. PMR is highly effective in reducing physical tension and promoting calmness.
2. **Safe Place Imagery:** Pupils will be guided to imagine a safe, comforting environment, engaging all the senses to create a powerful sense of peace and security.
3. **Grounding Through Nature:** Visualisation techniques will help pupils imagine themselves in soothing natural settings, such as a serene beach or a peaceful forest.

Some sessions will also provide an opportunity to acknowledge and release worries, creating emotional clarity and fostering inner balance.

The techniques practiced in these sessions can be used not only during the classes but also at home or in other settings to manage feelings of anxiety and enhance well-being.

For further information, please feel free to contact me directly. To book your child onto these sessions, please access SOCS. We look forward to sharing these valuable mindfulness practices with our pupils.

For any further information, please do not hesitate to contact me.

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