

Mount Carmel Primary School



Mindfulness Policy

Rationale

"Mindfulness means intentionally paying attention to present-moment experience, inside ourselves, our minds and bodies, as well as in our environment, with an attitude of openness, curiosity, kindness and care." Kabat-Zinn

Purpose

The purpose of this policy is to promote the emotional wellbeing, focus, and resilience of all pupils through the integration of mindfulness practices into the daily life of the classroom. Mindfulness supports Mount Carmel's commitment to nurturing the whole child.

Aims

This policy aims to:

- Support pupils in developing self-awareness, emotional regulation, and empathy.
- Enhance concentration and readiness to learn.
- Provide strategies to reduce stress and anxiety.
- Foster a positive, calm, and inclusive classroom environment.
- Equip staff with practical tools to model and facilitate mindfulness.

Definition of Mindfulness

Mindfulness is the practice of paying attention, in the present moment, with curiosity and kindness. It encourages pupils to notice their thoughts, feelings, and surroundings without judgment, and to respond thoughtfully rather than react impulsively.

Implementation

Mindfulness will be incorporated into daily classroom practice through:

- **Daily Mindfulness Moments:** Short activities (5 - 10 minutes in length) such as mindful breathing, stretching, or guided reflection at transition points in the day with the aim of supporting children to refocus.
- **Curriculum Links:** Embedding mindfulness into Health and Wellbeing lessons.
- **Calm Corners:** Designated spaces in classrooms where children can take a mindful break when needed.
- **Mindful Music:** The use of mindful music in the classroom to create calming environment.

- **Storytelling and Reflection:** Using stories, art, and discussion to explore emotions and mindful awareness.

Staff Roles and Responsibilities

Teachers will model mindfulness, integrate short practices into lessons, and create a supportive environment for emotional expression.

Pupil Support Assistants will reinforce mindfulness strategies and help pupils use them effectively throughout the day including in the playground.

SLT will ensure staff receive appropriate training and time to implement mindfulness practices.

Training and Support

Staff will have access to professional development and resources on mindfulness which are available to all staff. New staff will receive familiarisation on mindfulness and training on available resources and how to use these.

UNCRC

As a Rights Respecting School, our mindfulness practices are linked to the following UNCRC article:

- Right to Health and Well-being (Article 24)
- Right to Development (Article 6 & 29)
- Right to Rest, Play, and Leisure (Article 31)
- Right to be Heard (Article 12)
- Best Interests of the Child (Article 3)

Monitoring and Evaluation

We will continue to evaluate the impact of our mindful practices through:

- Teacher and pupil feedback and questionnaires
- Learning walks and observations

This policy will be regularly reviewed by SLT.

Policy last updated November 2025

Next Review November 2028