



# Health and Wellbeing: Mental and Emotional Wellbeing

## Parent Information



Carolside Primary School strives to develop all aspects of health and wellbeing. We are a health promoting school, with health and wellbeing embedding all elements of the curriculum. In line with Curriculum for Excellence, Carolside adopts a holistic view of health and wellbeing ensuring that learning is coherent, progressive and meaningful. We recognise the importance of supporting children with their mental and emotional wellbeing and strive to teach them strategies and skills that can permeate all aspects of their life. We implement a progressive approach to the teaching of mental and emotional wellbeing and use a variety of teaching approaches and programmes.

### Pupil Learning Experiences

#### **Mindset**

#### **(Nursery to Primary 4)**

Mindset is a person's way of thinking. A person's mindset affects their attitude towards approaching different situations. There are two types of mindset; fixed and growth.

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They believe that talent alone creates success and minimal effort is required.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for greater accomplishment. It is believed that teaching a growth mindset increases motivation, confidence and resilience.

#### **Key areas explored through mindset:**

- Strategies to face and tackle challenges
- Coping with mistakes
- Recognising when you need help and how to get it
- Recognising that the brain is a muscle and can be developed
- Building resilience

## Mindfulness (Primary 5 – Primary 7)

Mindfulness is delivered by a specialist teacher in Carolside who has undertaken extensive training to deliver this to children. Mindfulness is a way of training the mind to be present. The concept was created in the 1970s and is described as:

“Paying attention; on purpose, in the present moment and non-judgementally.”

Paying more attention to the present moment, the world around you and to your own thoughts and feelings, can improve your mental wellbeing. There are two types of mindfulness practice; formal and informal. Formal practice is commonly referred to as meditation. Informal practice is anything in daily life that is performed with full awareness. In Carolside, we do a balance of both formal and informal practice which is relevant and appropriate for the age and stage of the children. Numerous studies have shown the benefits of mindfulness for adults and children. These include reduced stress, anxiety, depression and insomnia. Mindfulness has also been shown to increase focus and concentration, improve confidence and develop emotional resilience in both children and adults.

**The key areas explored in the Mindfulness programme are as follows:**

- To equip children with a greater self-awareness to enable them to become more joyful, empathetic and resilient.
- To encourage children to respond to different situations with greater wisdom and flexibility.
- To encourage children to cope with difficult emotions and experiences.
- To teach children strategies to live with greater happiness and vitality.

## Bounce Back (Nursery to Primary 7)

Bounce Back is a resource used to support children to develop a stronger sense of wellbeing. It teaches children to be more resilient, confident and successful. Currently in Carolside, Bounce Back is a whole school programme of work with lessons in place from Nursery to Primary 7. As a school, we recognise that some pupils can become disengaged, angry or sad at certain times in their lives. Children may find it challenging to make friends and cope with the day to day life of being a child. These factors may impact negatively on children's academic progress.

Bounce Back encourages children to develop strategies to cope with everyday challenges such as resolving friendship issues, persevering with difficult tasks and coping with change. Bounce Back also encourages children to engage confidently in new experiences and opportunities. It highlights to children that taking risks is likely to mean some set backs and rejection but also creates opportunities to develop self-confidence and achieve success.

Bounce Back aims to improve social and emotional skills and promote positive behaviour. It has been shown to increase emotional wellbeing and reduce anxiety. Children are encouraged to support their peers and contribute to a more positive, supportive and sociable school ethos.

**Key areas explored:**

- Core values:** developing positive and pro-social values
- People Bouncing Back:** developing strategies for coping and bouncing back
- Courage:** finding courage in both everyday life and difficult circumstances
- Looking on the bright side:** teaching optimistic thinking
- Emotions:** amplifying positive emotions and managing negative emotions
- Relationships:** skills for building and maintaining friendships
- Humour:** as a coping skill
- No bullying:** skills for countering bullying behaviours
- Success:** skills and attitudes for being successful