

What is Mindfulness?

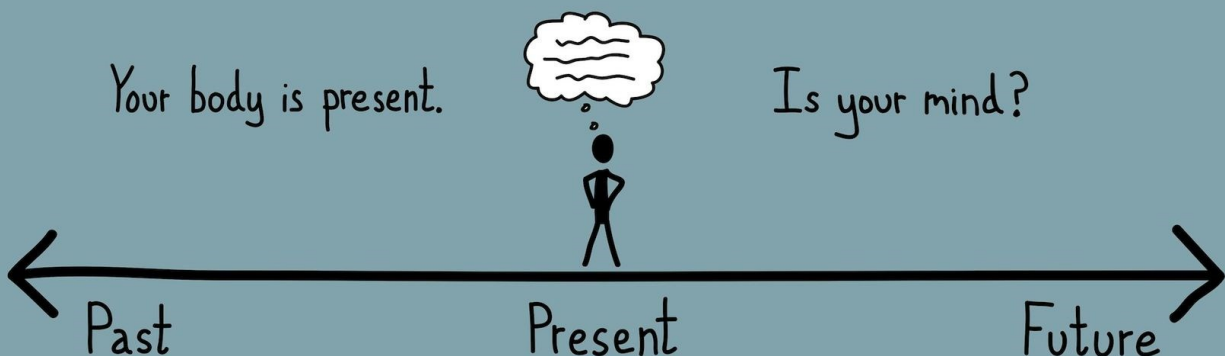
Mindfulness is our ability to pay attention to the present moment, with curiosity and without judgement. It can be cultivated through breathing exercises like meditation and we can bring mindful attention to our daily lives.

Mindfulness at home

A guide for Parents/Carers and children

How can Mindfulness help you?

The benefits of mindfulness include: increased empathy and compassion, improved happiness and optimism, better sleep, greater focus and concentration and reduced stress and anxiety.



MINDFULNESS
CHANGES THE BRAIN TO
HELP US FEEL HAPPIER
AND HEALTHIER AS
WELL AS
BECOME MORE PRESENT
IN OUR RELATIONSHIPS
AND HOME LIFE.



Free Apps to support you:



Calm is a brilliant app to help you meditate at home.



Smiling Mind is also fantastic! It can be used for all ages and Teachers often use it in school.

Mindfulness in the local community:

Bromley
MINDFULNESS

<http://bromleymindfulness.org.uk/>

Bromley Mindfulness runs regular retreats and meditation classes in both Bromley and Beckenham.

We have recently had a visit from

Robert, who supported staff with their own meditation practice.



If you would like any further advice please have a chat with Miss Baker.