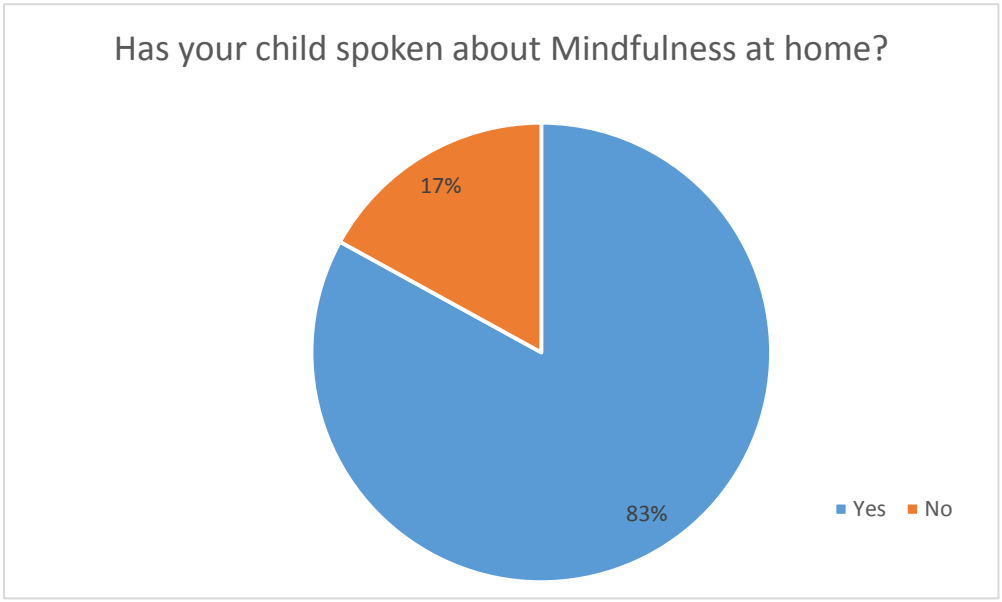
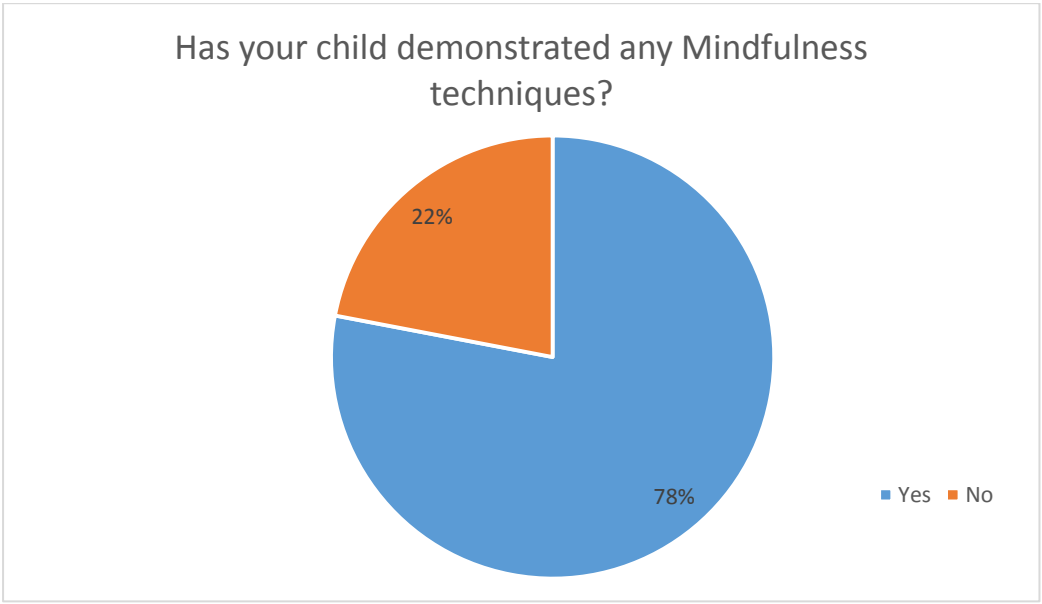
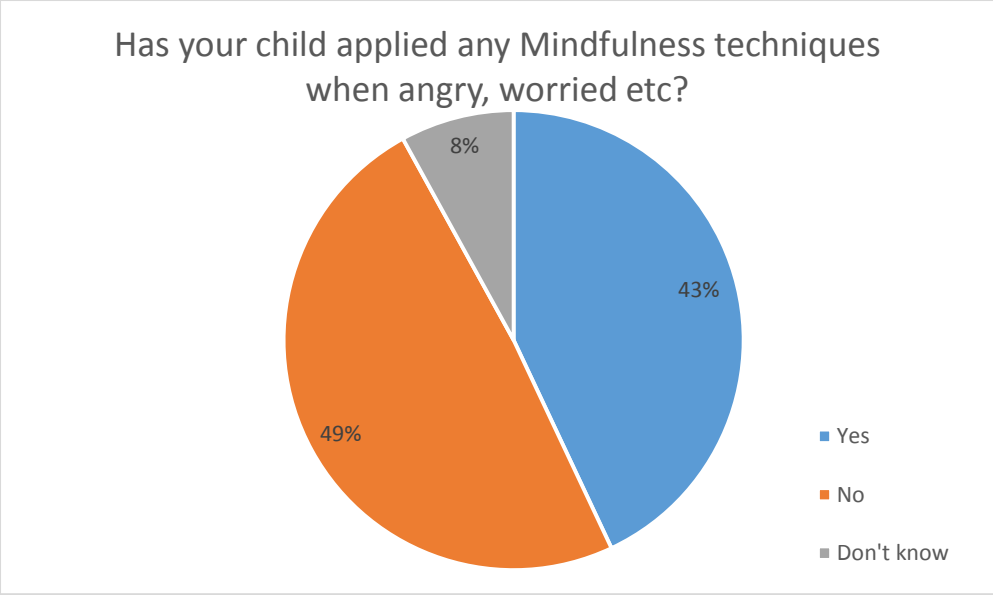
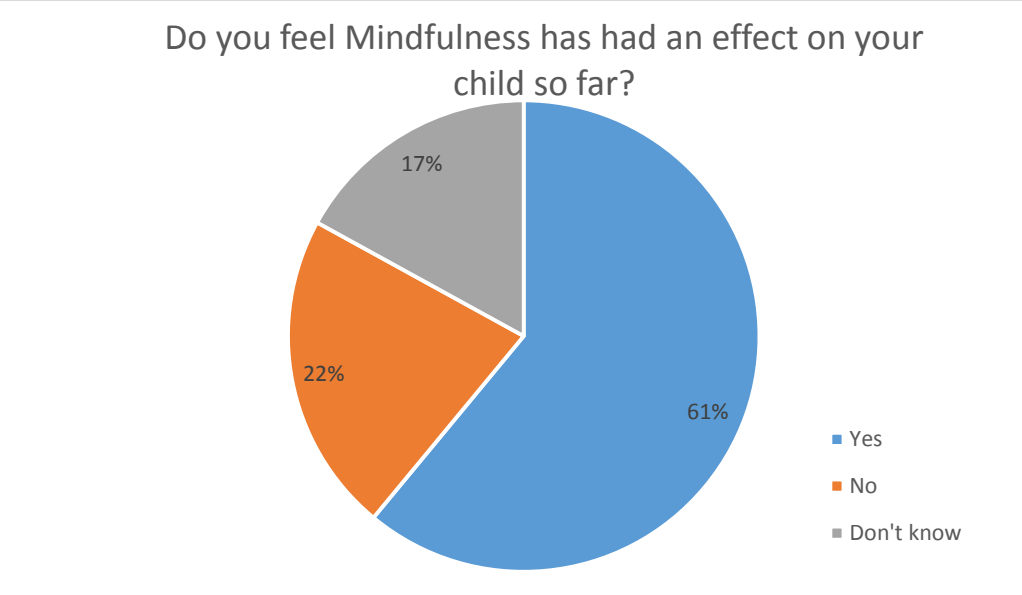
Parent Survey following the introduction of Mindfulness in school. November 2018









Additional Comments

I think using Mindfulness will take time to remember and apply. I should remind them!
I think it is brilliant to help with mental health and anxiety.
My child has shown me the breathing and 'Finger's technique.
My child enjoys Mindfulness singing as a way to relax/de-stress
I am sure it is an excellent programme to teach children to make these techniques part of their everyday life, while they are young.
My child would benefit from thinking about Mindful techniques when she gets frustrated.
My child has started to use a Mindfulness colouring book.
She tries to listen more than she used to, but this may be down to Mrs Rawling's fantastic teaching!
It's been a useful tool to keep my child relaxed when unwell. She gets very anxious when she has a cough due to her asthma,
but her breathing techniques learnt in class has helped to keep her calm.
My child finds Mindfulness moments relaxing and really enjoys them.
My child doesn't like Mindfulness music however he likes using the finger pressing technique and uses that at home when he is frustrated or angry.
Helped my child to relax at home after busy day at school.
We feel very positive that school is focussing on improving Mental Health and well-being of its pupils, and hope it will continue in the future.
It is not obvious if this has made a difference. I feel empathy works when they feel angry or frustrated, sad or unfair, but welcome the use of Mindfulness in school.
Our child is always keen to share her Mindfulness techniques and invites us to join her!
Very impressed with what we have seen/heard regarding Mindfulness and well-being. Captain Fantastic sounds a great club.
My child regularly goes into the playroom with her iPad and listens to a song or sings the Peace song.

She also has Mindfulness music on her iPad every night when she goes to sleep. She says it makes her feel calm.
My child was getting angry on one occasion and he said "I just need to do my breathing Mummy, it's for Mindfulness".
I am so pleased my child has the opportunity to work on Mindfulness
My child tells himself to 'focus' when he is angry. He also does breathing counting his fingers when he feels nervous or shy at joining in.
I think it is a great thing to do and really important.
I think my child has enjoyed this but she is a pretty calm person so haven't really needed to use it!
Good techniques to be taught but she hasn't used it at home yet.
I think in the school environment it works well as a group activity however at home we would need to look for ways to incorporate it.
Our child talked about Mindfulness a lot and enjoyed showing me the techniques. I think it is brilliant and will encourage him to use the techniques at home.
Our child finds it helpful and said she imagines things to help her calm down after playtime!
We think it is a great addition and very useful. Children definitely need all the help they can get coping with the stresses and strains put on them these days.
Keep up the great work you are doing. All much appreciated.

Actions

Consider a Mindfulness session to inform parents/carers of techniques used in school and when they might apply at home.
Continue to develop and review techniques inside and outside.
Spring term: Confidence and well-being club with CAPTAIN FANTASTIC
Develop techniques for children to practice and use on their own.