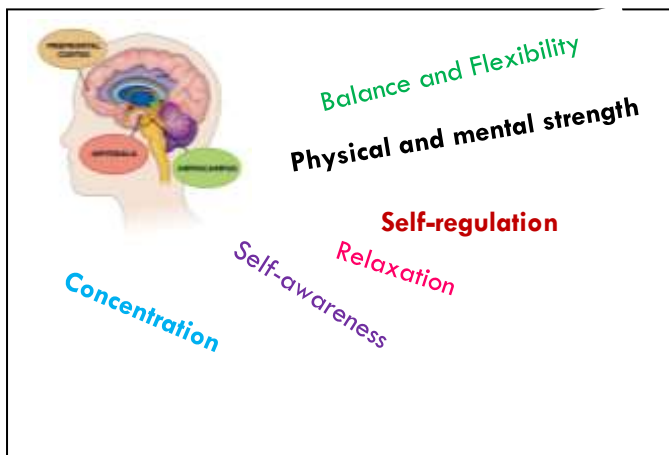




Yoga and mindfulness for resilience

Supporting children and young people's wellbeing



'Resilience does not come from rare and special qualities but from the everyday magic of ordinary human resources in the minds, brains and bodies of ordinary children, in their families and relationships, and in their communities.' Ann Masten, University of Minnesota

A unique and inclusive 6-week targeted programme, designed to support children of all ages to build their capacity for resilience: Focussing on the development of:

- **A sense of self agency and control**
- **An improved ability to withstand challenge.**
- **Strategies to manage feelings.**
- **The ability to remain focussed/in a flow state.**
- **The ability to relax/switch off.**

Resilience is not a trait, or a rare ability and we all develop our resilience over time throughout our lives. Resilience can be learned and developed by virtually anyone. Some children and families face many challenges in their everyday life that may weaken resilience or can become overwhelming. These can include, housing issues, isolation, family problems, trauma, discrimination, SEND, health issues and poverty. Some families face more than one of these challenges in their daily lives.

Learning resilient behaviours from an early age can help children and young people to gain agency over their own wellbeing and mental health and learn important strategies that can help them now and in the future.



Over the six weeks, the children will explore various yoga poses and sequences, mindfulness practices, breathing techniques and different ways of relaxing,; promoting feelings of confidence, optimism, and strength. Throughout the program the children will also learn what is happening in their brains when they experience strong emotions and when they practice the themes explored in each session, such as gratitude, empathy and positive thinking.

Each session the children will have the opportunity to:

- check in with their emotions, name them, talk about them and understand what is happening in the brain.
- Learn and practice mindful and breathing techniques to use in their everyday life
- Learn many different yoga poses and build a healthy and positive connection to their body
- Practice optimism
- Work alone, in pairs and in a small group
- Have fun

All sessions will be adjusted and adapted to meet the unique needs of each group. All learning styles and abilities are supported through demonstration, visuals, props, story, and music.

Each session is from 30 mins to an hour depending on the age of the children and includes various elements known through research to promote resilience.

Including:

Gratitude, empathy and connection, positive thinking, being flexible, being kind and learning about relationships.

This programme was originally trialled in three schools in 2019, aimed specifically at improving the wellbeing of children with a history of adverse childhood experiences. Understanding how trauma impacts on the developing brains and bodies of children and young people. Following a positive evaluation of the trial, the programme has been further developed to include positive psychology and recent theories of resilience and supports children to understand what is happening in their brains and bodies when they are experiencing emotions. It is currently being delivered in Rotherhithe primary school.



Yoga and Mindfulness for resilience



This programme was written and developed by Kellie Ansell. Kellie has been a teacher and leader in education for 38 years. She has led children centres, early years departments and more recently has been a deputy head teacher in a primary school. Among other roles she has led on safeguarding, the implementation of a mindfulness programme and a trauma informed approach. She has been an early year's consultant for Southwark and most recently an independent consultant supporting schools to develop their whole school approach to improving mental health and resilience. Having practiced yoga for 30 years she trained as a yoga teacher in 2018 and took further training in trauma sensitive yoga practice. This programme marries together an understanding of how children learn, recent theory and research, a trauma informed approach and the ancient art of yoga.