



HARVEST HOME
PRIMARY SCHOOL

Mindfulness Newsletter

TERM 1

Welcome to our first Mindfulness newsletter of the year! This year your Mindfulness teacher is Louisa!



MEET LOUISA

What are you looking forward to this year?

Getting to meet so many learners across the school and beginning our learning journey on the importance of our wellbeing.

What is your go to strategy?

What helps me to get back to a 1 is reading a book or finger breathing.

Congratulations and Welcome to our Year 6 Mindfulness Leaders for 2023!



MEET ABI!

What are you looking forward to this year?

I'm looking forward to making new friends with various students.

What is your go to strategy?

Something I do that helps me when I am upset is talk it out with my friends.



MEET ISABELLA!

What are you looking forward to this year?

I am looking forward to meeting my buddies.

What is your go to strategy?

My go to strategy is reading my favourite books. That really helps me.



MEET NATALIE!

What are you looking forward to this year?

I'm excited to be a leader, and being someone for someone to look up to.

What is your go to strategy?

Something I do when I'm feeling strong emotions is I might read, play piano or ukulele or hug my pets.

Click the headings below, to find out more information about what is happening in Mindfulness this term!

Prep

Year 1 + 2

Year 3 + 4

Year 5

Celebrations

Reminders

We are proud to acknowledge the Wurundjeri people as the traditional custodians of this land.



PREP



Our Prep learners have been working on building and developing their vocabulary around different feelings and emotions. Students have been working on how they can express how they are feeling. They have been identifying the facial expressions of each emotion through drawing, modelling with playdough and orally. Later this term, they will be exploring what makes them feel happy, sad, angry, scared and excited and what we can do to make ourselves feel better.



YEAR 1+2



Our Year 1 and 2 program focuses on developing their ability to show an awareness of the feelings and needs of themselves and others. They have begun the term with exploring emotions and expanding their vocabulary for different emotions. Students have used this knowledge to identify the various emotions based on the facial expressions and body language. They have demonstrated this by looking at the similarities and differences of different emotions and through role play.

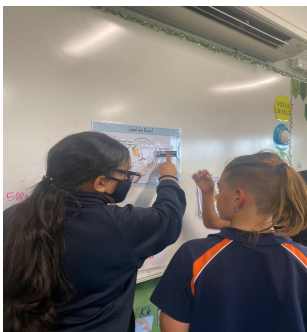
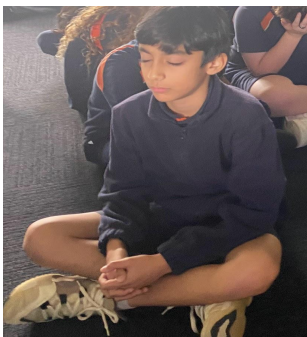
YEAR 3+4



At the beginning of the term, our Year 3 and 4 learners expanded their vocabulary on different types of emotions through identifying our body signals when we are feeling different emotions. They then explored different role play scenarios and began to understand how our reactions can impact others. Students will now be exploring these 3 key parts of the brain (PFC, Hippocampus and Amygdala) and their role in self-regulation.



YEAR 5



Our Year 5 program focuses on describing ways to express our emotions and the link between emotions and behaviour. Students explored different real-life scenarios and identified the emotion, cause, behaviour and the next steps in resolving the problem. Students have begun looking at these 3 key parts of the brain (PFC, Hippocampus and Amygdala) and their role in self-regulation. As well as, the different types of regulation strategies to support us in getting back to 1 (calm/happy).

CELEBRATIONS

KAIZEN WINNERS - W3 + W4



REMINDERS

Mindfulness Club

Every Wednesday during our 2nd Break

Location: Mindfulness Classroom

Staff: Louisa & our Mindfulness Leaders

Even Weeks: 4-6

Odd Weeks: P-3



DEVICES

If you're in Year 3 - Year 5,
remember to bring your device to
Mindfulness each week!

