



SUPPORTING MENTAL HEALTH AND WELLBEING THROUGH MINDUP

At Ark Atwood Primary we are proud to be part of the growing network of MindUP schools who promote the mental health and emotional wellbeing of our whole school community.

THE CURRICULUM

The unique evidence-based framework provides knowledge and understanding of neuroscience, mindful awareness, positive psychology and mindful practices to affect positive change within the classroom and beyond. The 15-lesson curriculum includes practices developed to help children improve their focus, manage their emotions and face challenges with resilience, kindness and compassion.

The MindUP lessons are complemented by the 'Brain Break'. This core mindful breathing exercise which takes place three times a day, enables pupils and staff to calm their minds, focus and get ready to learn.

The interactive teaching and learning approaches, complemented by whole-school mindful practices, help create an exciting learning environment within which children can thrive academically, socially and emotionally.

OUR SHARED VISION

MindUP is central to our strategic vision, it supports us to create a whole-school culture of gratitude, optimism, happiness and respect within which we can all grow and flourish.

FURTHER INFORMATION

For further details about the MindUP programme, including research findings, the curriculum overview and case studies, visit mindup.org.uk