



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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RE - Tips for Parents – simple, mindful relaxations for you and your children

Dear parents and families,

I hope you are all well and safe despite going through this challenging time. Do you feel that you have been in isolation forever? How about trying this technique that may promote a feeling of freedom and pleasurable physical sensations. Be mindful of your thoughts.... all your feelings (even if they contradict one another), and your physical sensations. Use then a Likert scale to identify your baseline anxiety (i.e., on a scale from 0 to 10 ... 0 meaning totally calm and 10 meaning full blown anxiety). Afterwards watch one video of your choice doing your best to be focus on the beautiful landscape being mindful of any thoughts, worries, physical sensations and letting them go.....When your mind goes to focus on a worry and/or feeling of suffocation, gently redirect your attention to the scenes and the music. Then use the Likert scale again to measure your level of anxiety. Did it change? Was it helpful to feel better and more relaxed? These are some suggested videos (please keep in mind that you should skip the first minutes of the videos as they may have loud advertising)

Overflying the Fiji Islands. This 90-minute video will transport you to a magic world... Ready to go to paradise?

<https://www.youtube.com/watch?v=TB6n7I52gzc>

Overflying beautiful Norway. This one-hour video has peaceful music. Ready to visit this amazing country? We will go sooner than we think!

<https://www.youtube.com/watch?v=ftlvreFtA2A>

Overflying incredible Scotland. This 50 minute video will make you dream with this magic landscape and forget the quarantine....Yes, you will also go there ...

<https://www.youtube.com/watch?v=RTMLn7rDRw>

Best wishes,

Miss Cotchin
Head teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

