

Why is mindfulness important?

Mindfulness is important for children for several reasons, as it can have a positive impact on their emotional, mental, and physical well-being. It helps children become more aware of their emotions and learn how to manage them effectively. Mindfulness teaches children to pause, recognise what they are feeling, and respond in a calm and controlled way rather than reacting impulsively.

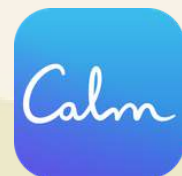
Children can experience stress even at a young age, and mindfulness such as deep breathing or focusing on the present moment can help reduce anxiety and promote a sense of calm and grounding.

Practising mindfulness also helps children improve their concentration by training them to focus on one thing at a time, which can enhance their learning and academic performance.



Mindfulness Support

There are lots of amazing organisations that help children and young people learn about mindfulness. Tap a logo to jump straight to their website and start exploring!



5 Ways to Wellbeing



The **Five Ways to Wellbeing** are principles designed to help us lead happier and healthier lives.

- CONNECT** Spend time with friends and family. Building strong relationships helps children feel supported and secure.
- BE ACTIVE** Encourage regular physical activity—such as playing outside, dancing, or taking part in sports—to boost both physical health and mood.
- TAKE NOTICE** Help children pay attention to their feelings and surroundings through mindfulness, gratitude, or observing nature.
- KEEP LEARNING** Support children in trying new hobbies or skills. Learning helps build confidence and a sense of achievement.
- Give** Teach kindness through small acts of helping or sharing. Giving to others increases happiness and self-esteem.

EXAM ANXIETY

Tests and exams can be a difficult time for children and young people, as well as for their parents or carers. In the lead-up to assessments, many experience feelings of anxiety. This can show itself in different ways, such as:

- Frequent worrying
- Feeling tense or on edge
- Headaches or stomach aches
- Difficulty sleeping
- Increased irritability
- Changes in appetite, eating more or less than usual
- Loss of interest in activities they previously enjoyed
- Low mood or negative thinking



DID YOU KNOW?



According to a 2025 report by Young Minds (summarised by the House of Commons Library), 56% of Year 6 children (aged approximately 10–11) who took SATs said that they “worried about their abilities.” The same report noted that 35% said SATs “made them feel ill,” and 28% said the tests “made them feel bad about themselves.”

YEAR 6 SATS SUPPORT


SATs are used to help ensure pupils receive the right support as they move on to secondary school. While children should not feel under pressure, preparing for SATs and taking the tests can sometimes lead to worries or comparisons with others.

Parents and carers play an important role in helping children feel calm and confident during this time. Here are some simple ways you can support your child:

- Good sleep habits by setting clear boundaries around screen time and encouraging a calm, regular bedtime routine.
- Provide healthy meals and snacks, and encourage your child to drink plenty of water.
- Praise your child’s effort and talk positively about their strengths to help build their confidence and self-esteem.
- Make time to talk and listen. Encourage your child to share any worries, acknowledge their feelings, and help them tackle concerns in small, manageable steps.
- Help your child learn how to relax. Try calming activities together and model good self-care and wellbeing yourself.
- Finally, plan a treat or enjoyable activity together to celebrate the end of the tests and give them something positive to look forward to.

STRESS AWARENESS MONTH- APRIL

April is Stress Awareness month. For support and to access online webinars and resources, [click here](#)

 Stress Management Society
from distress to de-stress

Find more exam support for children & young people by clicking on the logos



YOUNG MINDS



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Healthy Leicestershire

Introducing Healthy Leicestershire!

Healthy Leicestershire provides residents with the all latest information, top tips and useful links around health and wellbeing. Check out their dedicated Facebook page [here](#) to keep up to date with the support available across Leicestershire.

Click here →

EXAM ANXIETY

Simple ideas to help manage stress and anxiety

Make time for the things you enjoy
Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!

Take regular breaks
Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation.

Take care of your physical health
Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.

Talk to others about how you feel
Connect with other people, especially your classmates who are also taking exams as they might be feeling anxious too.

Focus on yourself
Try not to compare yourself to others. Remind yourself what you like about yourself and what your good at.

Ask for help
Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.

Create a timetable
Create a simple revision timetable and make sure you are realistic about what you can achieve each day.

Keep things in perspective
Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.

SUPPORT

If you do feel stressed or anxious, don't feel alone. There is lots of help and support available. Click on the logos to find out more:



KNOW THE SIGNS OF STRESS:

- Feeling irritable, angry, impatient or wound up.
- You might experience anxiety, feel nervous or afraid.
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- A sense of dread
- Worried or tense
- Loss of appetite
- Neglected or lonely

- You might experience physical signs such as:
- Headaches
 - Blurred vision
 - Feeling sick
 - Trembling
 - Feeling more tired than usual
 - Clammy or sweaty palms
 - Dizziness
 - Racing heartbeat

YOUNG MINDS HAVE MORE INFORMATION HERE

Active Blaby
Supporting you across Blaby, Oadby & Wigston

WALKING FOOTBALL

JOIN OUR FRENDRY ACTIVITY

Wigston Academies Trust
Station Road
Wigston
LE18 2DU

TUESDAYS 6PM - 7PM

No previous experience necessary

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

SCAN HERE

LET'S GET MOVING

teen health

11-19 service

Starting secondary school soon?

The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here!](#)