

Mindfulness Monday: Positive self talk reset - WC 12/01/26



The sessions this half term will focus on techniques on building resilience.

What is resilience?

Resilience is the ability to **bounce back, adapt, and recover from stress, adversity or challenges**, not by avoiding them, but by bending without breaking and growing stronger through the experience, involving mental, emotional, and behavioral flexibility. It's a learnable skill, not a fixed trait, built on skills like self-awareness, positive outlook, strong connections, problem-solving, and emotional regulation, helping individuals manage pressure and maintain wellbeing.

Session 1: Positive self talk reset

On a post it note write down one negative thought that you have had today or over the last week, now reframe it into a constructive comment

Example – “I didn’t do very well on my last Maths pitstop, even though I had revised”.

Reframed – “I put effort into revising for my Maths pitstop and now I know what areas I can improve on for next time”



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Mindfulness Monday: Breathing for calm under pressure - WC 19/01/26



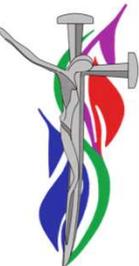
The sessions this half term will focus on building resilience.

A simple tip to help regulate emotions and reduce stress during challenging situations is to practice **deep breathing**

Let's give it a go – Practice 4-7-8 breathing (inhale for 4, hold for 7 and exhale for 8 seconds). Repeat this 4-5 times



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Mindfulness Monday: Micro goal setting

- WC 26/01/26



The sessions this half term will focus on resilience.

Today's session is about setting short term goals to encourage a sense of control and progress, which are key components of resilience.

Task – Set yourself one small achievable goal for the next hour or day e.g. I will ask one question in each lesson today.



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Mindfulness Monday: Strength spotting - WC 02/02/26



This half term we are looking at strategies to build resilience.

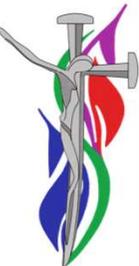
In your Personal organiser note pages, write down two personal strengths and one time you have used this strength to overcome a challenge. If you are struggling, ask someone else to state a strength of yours.

How does this develop resilience?

It reinforces self efficacy (confidence in your own ability to execute behaviour needed to achieve specific goals) and confidence in handling adversity.



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Mindfulness Monday: Rainbow of emotions - WC 09/02/26



This week is Children's mental health week. All week you will be looking at strategies and the importance of mental health and wellbeing.

The idea of today's session: Emotions are normal and everyone feels different things each day. Today we will notice and name our feelings.

Task – take the rainbow displayed on the next slide. Each colour represents a feeling (Red = excited, orange = curious, yellow = happy, green = hopeful, blue = calm, purple = proud, orange = curious and pink = loved).

Whilst the rainbow is displayed, reflect silently.

- Which colour matches how you feel right now?
- Is there another colour you would like to feel more of today?
- Decide on one strategy that you can use to develop into that feeling today.



Mindfulness Monday: Rainbow of emotions - WC 09/02/26



Red = excited
Orange = curious
Yellow = happy
Green = hopeful
Blue = calm
Purple = proud
Pink = loved



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