

Information for Parents and Guardians

Barnardos National Wellbeing Project will be running a
Creative Breath Body Mind Programme in **5th Year** starting **April 26th**

What Are the Benefits of this Programme for My Child?

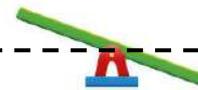
The main benefit is to give your child the tools to help them to be able to feel calm, especially when they are worried or upset. Breath and movement exercises will help your child to:

- Express their feelings in a fun and safe way.
- Learn to calm and regulate themselves when they feel upset, worried or angry.
- Concentrate, focus and pay attention during the day (regulates their brain).
- Release any bodily tension, stress and anxiety that they may feel.
- Feel more calm and relaxed more often.
- Feel more positive emotions like laughter, joy and hope
- Develop a sense of awareness, control and acceptance of their body, which can improve their self-confidence.
- Sleep better and for longer.
- Have more positive relationships with their friends and family.



**Before Creative
BBM practices**

Overactive



Disengaged

**After Creative
BBM practices**

Calm/Focused
Attention



Creative Breath, Body,
Mind brings about
Balance



What can I do at home to help?

- Your child may be asked to bring in a small soft toy called a 'breathing buddy' to use during the programme. The breathing buddy helps them to practice their breath work. You could help them choose their breathing buddy and remember to bring it with them each day.
- Your child will bring home some examples of the practices they are doing throughout the programme. It will be helpful for you to talk to them about these, invite them to show you what they have been doing and include the rest of your family in this too if you can. Remember to have fun!
- The Barnardos website has many Heart Body and Mind activities you might enjoy doing with your family/child or even just for yourself!
- The more your child practices their breath and movement exercises as they are learning in the programme, the more they create 'muscle memory'. This makes it much easier for them to use these practices whenever they feel worried, angry or upset.



Dear Parent/Guardian,

We are delighted to let you know that Barnardos will be delivering a new **Creative Breath, Body, Mind Programme** to your child's class, beginning on 03-05-22. This 5-week programme will be run by a trained Barnardos worker who will deliver the programme on a weekly basis in their classroom alongside their class teacher.

Who are we and what do we do?

We are a new Barnardos service that is focused on supporting the wellbeing of parents and children across a number of different community areas nationwide. We will be running a variety of programmes in each area; one of these programmes is **The Creative Breath, Body, Mind Programme**. This programme will support children to express their feelings and emotions, help them listen to their bodies and support them to manage their thoughts. This is what we call connecting our Heart, Body and Mind. We will do this through fun activities that involve movement, mindfulness and breath work. The sessions vary in length, dependant on age but each session will last between 20 and 40 minutes.

What information will we record?

We keep some records in order to check that our services are good quality. The information we will record is:

- Your child's age
- Your child's gender
- Your child's class/year

All the information we collect will be stored securely in line with Data Protection Legislation and Barnardos Data Protection Policy and Data Retention Policy. If you have any questions about this, you can email our Data Protection Liaison at dataprotection@barnardos.ie

Comments and Complaints

Barnardos welcomes all feedback about our programmes and how they are experienced by children and parents. You can speak to the wellbeing worker in your area or ask for a comment and complaint sheet, which you can send to the project coordinator, Jenny Murphy on jenny.murphy@barnardos.ie should you wish to.

What you need to do now?

Nothing at all!!

If you are happy for your child to participate in this programme, you do not need to do anything.

If however, you would prefer that your child did not participate in this programme or if you have any queries about this programme, please let your child's class teacher know and they will look after this for you.

Kindest Regards,

Barnardos Wellbeing Team