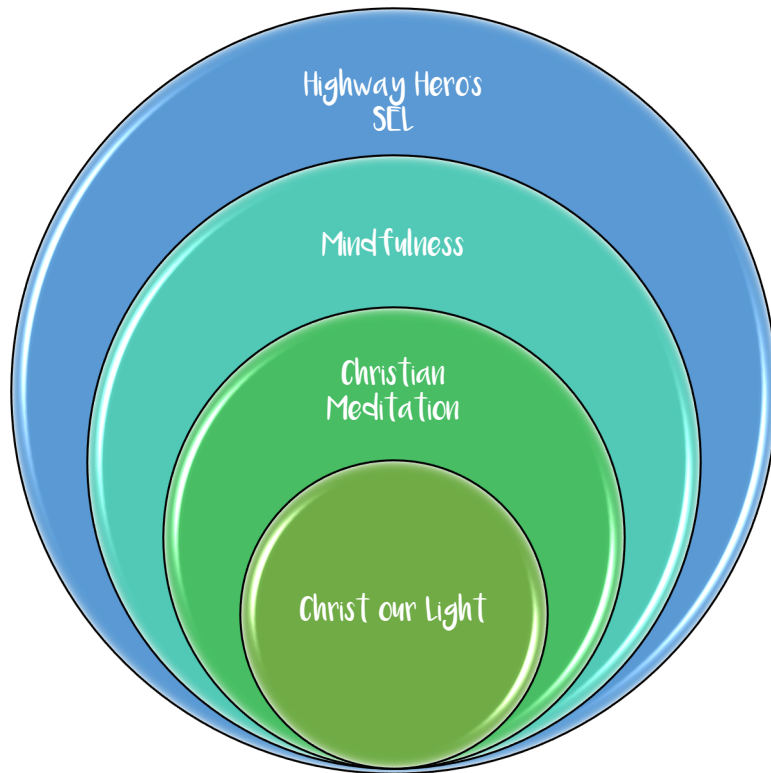


# Wellbeing at St Patrick's Primary



## *Christ Our Light*

### Christian Meditation

Children and young adults are born contemplative but in our busy world we are bombarded from an early age with noises, stimulus and a message to keep busy. The aim of our Christian Meditation programme is to teach children the essence of Christian Meditation, which is to find God in stillness, silence and simplicity. Or as the Old Testament says: "Be still and know that I am God"

Christian Meditation is practiced regularly in all classes.

[https://www.stpatsfremantle.wa.edu.au/pdf/parentinfo\\_event\\_01.pdf](https://www.stpatsfremantle.wa.edu.au/pdf/parentinfo_event_01.pdf)

### Mindfulness

Mindfulness is the mental skill of attention. To be mindful means pay attention, or to focus, or to hold something in mind. Mindfulness is a shift from automatic, reactive thought to conscious, directed thought.

Students are taught mindfulness strategies such as body breathing, mindful posture and how our brain works.

Teacher's use the resources developed by Mindful Meditation Australia.

<https://www.mindfulmeditationaustralia.org.au/mindful-families/>

### Highway Hero's SEL Program

Social and Emotional learning (SEL) is the process of acquiring the skills to recognise and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations effectively.

Best Program 4 Kids is used at St Patrick's as a teaching and learning program for introducing and consolidating social, emotional and learning skills.

<https://bestprograms4kids.com/>