

GOOD PRACTICE

MINDFULNESS IDEAS

case study – simon



This idea originates from a training case study completed by one of our Connected Kids Tutors

*Simon is a 10 year old boy, who presented with attachment difficulties – he has difficulty focussing, has sensory needs and likes to be in control.

"The intention for the meditation session was to help Simon feel more grounded before helping him to release some of the sadness that I felt was trapped inside and being redirected into anger."

*We have changed the name to keep it anonymous. Our Tutors are not medically qualified to diagnose, they will assess with the help of the parents input and work intuitively with the needs of the children they teach.

WHAT THE SESSION INVOLVED



The CK Tutor practised a **heart centre meditation** (helps teacher tune into needs of young person) prior to meeting him. This inspired the following, tailored session for Simon's needs.



Yoga postures for grounding (15 mins) – using Yoga Pretzel cards (that Simon chose).

"When I added playfulness, the idea of putting them into a routine and having to dance from one pose to another came up. This is great because Simon loves 'Strictly' and loves to dance."



Tummy Breathing (5 mins) – the tutor placed Simon's special teddy on his tummy and guided him to be aware of it move up and down as he breathed.



Heart Centre meditation for sadness (10 mins – this is where a child breathes their feelings into an imaginary pink box in their chest...heart chakra).

The tutor gave Simon a pink rose quartz crystal (good for releasing grief). He spent time looking and feeling it. Then placed it on his heart centre. The tutor guided him to breath in the pink colour and imagine it getting brighter everytime he breathed in.

He said 'I feel all loved.'

The tutor then asked him to think about anything that makes him sad and breath it into the pink light. He started to cry and told her not to look. She reassured him that crying was ok and encouraged him to keep breathing the sadness in. She reassured him that she was right here with him. She then guided him to close the imaginary 'box' and did some tummy breathing with his teddy on his tummy.



Reflection time (15 mins) – Simon needed lots of connection and nurture after this meditation. A mindful chat between the tutor and Simon who talked about his sadness.



From child via Connected Kids Tutor

"After the session, Simon wanted to watch his 'dance yoga routine', that we had recorded. He thoroughly enjoyed this and watched it repeatedly. He laughed a lot during this activity and said that it was 'fun' and he felt 'happy'.

After the heart centre meditation, He communicated really well with me that he had felt sad about his dad leaving and the fact that he couldn't see friends or his grandparents due to lockdown."



Connected Kids Tutor observations

"The yoga session gave lots of flow, joy and connection. This was a really successful activity for Simon. It helped that he picked his own cards as it gave him some control as well.

Almost contrastingly, the heart centre meditation was very difficult for him, but he bravely started to process some very difficult, long standing background emotions.

As part of Simon's attachment difficulties he can find it hard to show his real emotions for fear that others can't handle those parts of him. It is always monumental when he releases in front of me in this way as it proves to me that his trust in me is building everyday and that he is healing.

It might also have been helpful to complete a mandala after this activity to help to further release those big feelings."



Parent's feedback

"I definitely felt as though releasing some of the sadness resulted in less angry behaviour over the following days."

WHY THIS WORKS

Connected Kids is a unique programme...

As our tutors are trained to tune into the needs of the children through observation and sensing the energy of the young person/group they are working with.

It can be difficult for children to articulate what they need help with or the problems they experience - anxiety can present itself as a sore tummy (even when there are no digestive issues)

Each tutor is trained to establish a heart-centered lesson plan that can be adjusted from a wide from of meditation 'tools and ideas' that we teach so that the tutor is present and holds the space for the children/teens they teach.

Even the words used to guide the session are delivered with heart-centered energy which is healing and soothing. This is why our sessions are so effective with Autistic children or those struggling with ADHD, ADD, SEN or trauma.

If you would like to find out more:

As a parent/carer - check out the foundation course
As a professional - our professional, certified training.

www.connected-kids.com

