

Family Mental Fitness North East

Programme Overview Mindfulness for Families



EYFS	KS1	KS2	KS3	FAMILIES
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Mini Mindfulness & Relaxation for Families is a slow-paced, sensory-rich session designed to support emotional connection, calm, and presence between parents/carers and their children. The session combines gentle movement, mindful breathing, peer massage, and expressive art to help families relax together in a warm, welcoming space.

Accessible for all ages, this gentle experience encourages shared stillness and emotional regulation in a playful, non-judgemental way.

Purpose

To provide families with simple, practical relaxation tools they can use at home, while deepening emotional bonds through shared calm, creativity, and sensory connection.

Impact

- Strengthened family relationships through quality time and touch
- Reduced stress and anxiety for both adults and children
- Positive associations between relaxation and emotional safety
- Calm routines that are easy to repeat at home

Outcomes

- Families leave feeling calmer, closer, and more connected
- Children and parents learn at least two relaxation activities they can use anytime
- Improved emotional awareness and communication
- Tools for regulating big feelings through shared sensory strategies

Example Session Structure

- Welcome & Soft Settling Families choose a cosy spot using blankets, mats, or cushions and select a “calm focus” object (e.g., stone, feather, shell) to hold.
- Gentle Breath Awareness Slow, steady breathing with bubbles or feathers to encourage calm focus.

- Peer Massage Simple strokes on the shoulders, arms, or back (over clothes), shared between siblings or parent and child—with full consent.
 - Mindful Art Creating a “calm feelings” picture with pastels, watercolours, or pencils, focusing on shape and flow rather than finished results.
 - **Closing Relaxation** Guided visualisation (e.g., sitting beneath a favourite tree or floating in warm water) ending with a shared affirmation such as:
“We are calm. We are safe. We are together.”
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Group Size

- Family sessions – 3 to 6 family groups
 - Suitable for all ages
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Session Duration

10 × 45-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £19

Subsidised for families: £10

For Funders

Fully funded cost per 12-week programme: £2520

(£21 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26