



Linden Lodge School

Provider of specialist education since 1903

Fiona Woodworth -
Music Therapist &
Mental Health Lead

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Jo Kinsey -
Special Yoga
Senior Practitioner

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Fiona Woodworth

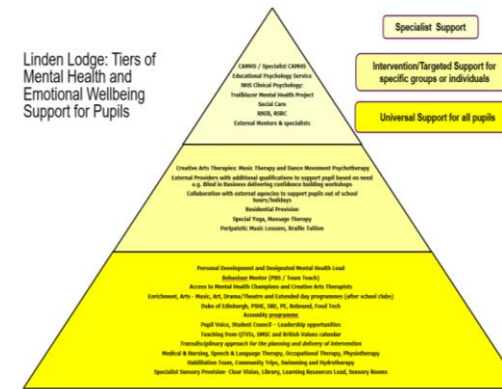
is Mental Health Lead and Music Therapist at School. She completed her MA in Music Therapy, graduating from the Guildhall School of Music and Drama in 2014. Fiona leads on whole school strategies for Mental Health and Behaviour, and is passionate about supporting children and young people with sensory impairment/s, and their families, to access appropriate mental health support.

Joanna Kinsey

is Special Yoga Senior Practitioner at Linden Lodge School, completing her training with Special Yoga founder Jyoti Manuel. Jo has over 10 year's experience delivering Special Yoga for pupils with visual impairment and multi-sensory impairment, delivering both class group sessions and individual sessions for pupils across the school.

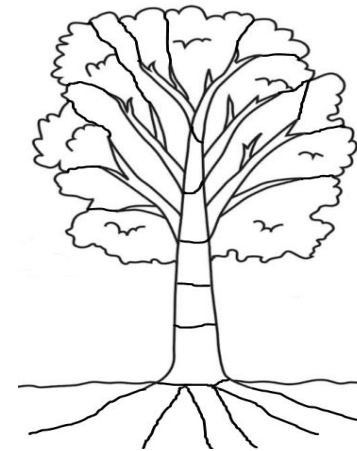
Mental Health & Wellbeing

- Provision and school offer of tiered support - universal through to targeted, specialist support
- CTA Team: Music Therapy, Dance Movement Psychotherapy, Massage Therapy, Special Yoga.
- Mental Health whole school approach and strategy: Southfields Mental Health Cluster, Anna Freud Centre, Wellbeing Award for Schools.



Relationship & Connection

- “What makes something better is connection” Brene Brown.
- Opportunity for meaningful connection & community essential for wellbeing (for us all).
- ‘My Tree’
- What can we build into our day for our self and those we support / care for?



Yoga & Mindfulness



- Promoting awareness of self
 - This is gained through movement experiences that help the individual concentrate so that they become aware of what is happening to their body, 'listening' via touch and by feeling of inner physical sensations rather than by our usual looking and thinking. This can help to lessen self-criticism and allows people to grow in terms of self-esteem and confidence both at a physical and emotional level
 - Someone who is disconnected, can become more self-aware and acquire a deeper understanding of their body and the environment. Over time, the person learns the poses that can be adapted to their unique situation. This means yoga is inclusive to people of any ability, so long as we are always treating the body with trust and compassion
 - This may include: cooperative movements that build and strengthen relationships with others; body mapping that teaches proprioception, exploring how the body is connected and how it relates in space.
- 5 minute breath practice



Resources

Brené Brown on Empathy:



Sway:



Resources

- Best Apps for Mindfulness:
 - Best Overall: Calm
 - Best for Adults: Headspace
 - Best for Therapy: BetterHelp
 - Best for Teens: Colorfy
 - Best for Kids: Smiling Mind
 - Best Free App: Insight Timer
 - Best for Beginners: iBreathe
 - Best for Insomnia: Tide
 - Best for Learning Breathing Techniques: Breathwrk
 - Best for Peer Support: Shine
- Six self-care tips for parents: <https://www.bbc.co.uk/bitesize/articles/zdp93j6>



Resources

- Recognising negative emotions: <https://ideas.ted.com/why-we-should-say-no-to-positivity-and-yes-to-our-negative-emotions/>
- Grounding Breath: <https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique>
- The Vagus Nerve & Mental Health: <https://www.verywellmind.com/how-does-stimulating-the-vagus-nerve-improve-mental-health-6740302>
- Yoga benefits for children with VI: <https://www.pathstoliteracy.org/what-yoga-and-how-can-it-benefit-my-child-visual-impairment/>
- Mindful Moments—Please scan the QR code below to access more info on Mindfulness.
- If you have any questions, are looking for more information or would like to get in touch, please find my contact details at the bottom of the Mindful Moments page.

