

Mindfulness Zone

The COVID pandemic has affected everyone's mental wellbeing. Children and young people feel worried or anxious about different things.

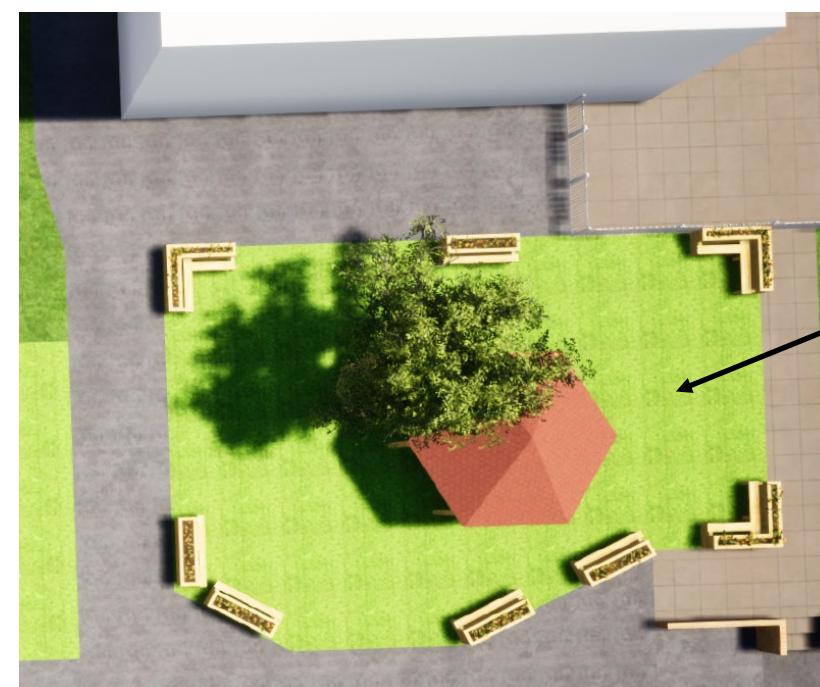
Children's mental health and wellbeing is at the heart of Poulner junior School, and as such we would like to create a mindfulness outdoor area for the children. This would allow children space to take time out from the busy, noisy playground and feel connected to their peers.

Our current facilities



Our proposed design

The mindfulness area will provide shade and shelter to help children feel safe, whilst enjoying the benefits of being in an outdoor space.



The area will have a textured floor to help the children to identify the area as different from the playground space.

The estimated cost of the project is £20,000. We really feel this area will have a positive impact on our children now and for years to come.

If you know of anyone that would be able to offer any financial contributions or time/expertise/materials towards this worthwhile cause, it would be much appreciated. We understand that this is a challenging time for everyone and that you may not be able to help at this time.

Please see over for a breakdown of items.

If you are able to contribute, please contact the school.

The area will include a mixture of outdoor furniture (5 circular picnic tables will be added) to support those who wish to sit with others and for those who want to partake in quiet activities, e.g. drawing, chess.



Each planter will be full of sensory plants for stimulation and develop responsibility in the up keep of them.



1 x 5m hexagonal gazebo

£3,064



1 x octagonal tree seat with back rest

£552



3 x corner planter bench

£1,045 each



5 x circular picnic benches

£895 each



5 x straight planter bench

£575 each

159 m² artificial grass

£11,000