

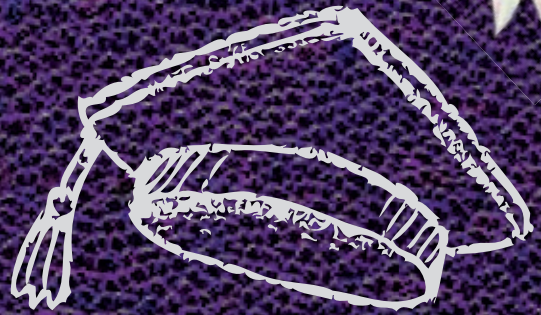


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BACK TO



CALM

with

relax Kids



Supporting Children's Wellbeing

relax Kids



Tools for teachers to help your classroom stay safe and secure during these chaotic times



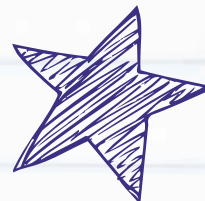
# Be a Protector of Calm



Encourage each pupil to be a Protector of Calm and help keep the calm around them to help and support others.

## How to be a Protector of Calm

- Take pauses regularly
- Breathe deeply
- Focus on the positive
- Be grateful
- Do a kind deed





**Here are some mindful exercises to help your class take a pause. Regular mindful moments will help pupils manage their difficult feelings.**



## **MINDFUL HAND WASHING**

Notice your breath, connect with the water. Think about its source. Notice the feel of the water on each part of your hands. Notice the smell of the soap. Say ten positive affirmations. Notice how it feels when you are drying them. You will reach the recommended time and feel recharged by slowing down.



## **BUBBLE OF POWER**

When you go to school or out in the public, remember to stay in your bubble of power. You are safe and protected in your bubble of power. Even though you are not touching or close to your friends and people you love, your bubbles can touch. When your bubbles of power bump up against each other, you both feel strong and powerful inside.



## **BUBBLES**

Imagine you are blowing bubbles of peace or happiness or love into the room. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace.

## DEEP BREATHS

Close your eyes and sit comfortably with your back straight. As you sit there, spend some time observing your breathing. Feel the in-breath and watch what happens when you breathe back out. As you sit there, try to make the breaths longer. Take in a longer in-breath and then breathe out slowly and gently. As you breathe out, feel as if all your worries and problems are blowing away, leaving you feel relaxed and calm. Repeat this a couple more times.

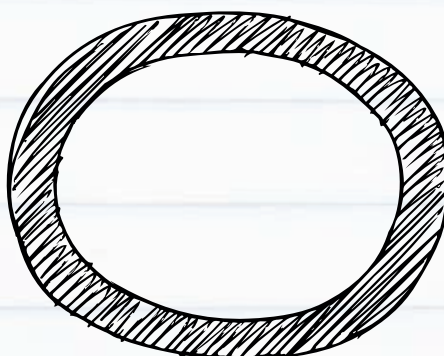


## MELTING BUTTER

Imagine you are a tiny piece of butter lying on warm toast. Imagine that the floor is warm like toast and you are slowly melting into the toast. Feel your whole body becoming soft and gooey as you melt and relax into the warm toast. How long can you lie there for, feeling relaxed and calm?

## MIRROR

Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. Take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and want to remind yourself how special you are, you just have to squeeze your thumb and first finger together





## CHEST TAPS

Imagine your body is a computer and you are reprogramming your computer. Tap your chest as you repeat, 'I am calm, I am safe, I am calm, I am safe'. Now stay as still as you can.



## QUIET LISTENING

Close your eyes and stay as still as possible. Spend some time listening to all the sounds inside the room. Stay very still and quiet and listen to any sounds outside the room. The more still and quiet you are, the more you will be aware of the sounds around you.

## SMILING HEART

Close your eyes and take a deep breath in through your nose, slowly, and out through your mouth. Put your hand on your chest and spend a few moments feeling calm and relaxed. Now, imagine that you have a smile in your heart. Watch how you start to have loving feelings. Can you send that smile up to your face? Let your mouth smile gently. Breathe in and out and rest there for a few moments. Now open your eyes and see how different you feel.



## MOOD MASKS

People are very good at hiding their emotions. They wear mood masks to cover up what they are feeling. For example someone might look happy, but underneath they are angry or feeling sad. Do you wear mood masks? Can you spot when anyone is wearing a mood mask? They may need some extra love and care.



# KINDNESS IS

# CATCHING POEM

Mummy said kindness is catching  
But I didn't know what she meant  
I thought we were trying not to catch things  
Everywhere that we went

If someone is crying and feeling upset  
They want to go home for a cuddle  
Remind them of all the friends they have  
In your lovely little bubble

I have to go back to school, Mummy says  
But it won't be the same as before  
I might not be with my teacher  
There'll be tape all over the floor!

You can make sure that your teacher  
Knows just how lucky they are  
To have you in their special team  
What a superstar!

I won't be allowed to wander around  
I'll have to stay sat in my seat  
I might not be in my classroom  
And she's not sure where I'll eat

Sometimes in life things shift and change  
It's tricky when they do  
But how you handle the ups and downs  
Is totally up to you

My Daddy says I can't give out hugs  
I have to give everyone space  
I might not be with my teacher  
And I must not touch my face

You might feel sad and it might feel odd  
But only at the start  
For you can make a difference to all  
With the goodness in your heart

So I said 'Back to school sounds scary,  
I don't think I want to go'  
And Mummy said 'Listen sweetheart,  
There's something I want you to know.'

So now I see that even though  
We're trying to not catch infections  
There are lots of ways I can have a good day  
By making special connections

You will probably all feel a bit wobbly  
Children and teachers too  
As strange as it will be for you all  
There IS something you can do

It's hard when stuff happens that we can't  
control  
It's scary to lose our way  
But now I know that I CAN change the  
world

Smiling and laughing with others you see  
Doesn't need you to be close by  
Even from two whole metres away  
You can still say a friendly 'hi'

With the things that I do and say

You can say 'Well done!' You can say 'Great  
idea!'

We're all in this together  
And we don't know what's to come  
But for now I want to be the one  
Who helps others have lots of fun

You can say 'You're a good friend to me!'  
And even from all the way over there,  
You can help others feel so happy

Mummy says kindness is catching  
So even if my wellbeing is low  
I'm going to spend every day from now on  
Helping the kindness to grow

Smile at the children who pass by you  
Tell them 'Everything's going to be fine'  
Say 'Even though your face is sad,  
Please share the smile on mine'

By Emma Fenemore  
Relax Kids Milton Keynes - Emma

# PRINTABLES *- Cut these out!*

PRINTABLE BADGES & BOOKMARK READY TO GO BACK TO CALM



# Back to school affirmation cards - Cut these out!

 <p><b>TODAY WILL BE A GREAT DAY</b></p>  <p>relax Kids</p>	 <p><b>I will make new friends today</b></p>  <p>relax Kids</p>	 <p><b>I WILL LEARN new THINGS</b></p> <p>relax Kids</p>	 <p><b>I WILL LISTEN WITH ATTENTION TODAY</b></p>  <p>relax Kids</p>
 <p><b>I will work hard today</b></p> <p>relax Kids</p>	<p>ABC</p> <p><b>I AM SMART AND CLEVER</b></p>   <p>relax Kids</p>	<p><b>I ALWAYS DO ★ MY BEST</b></p>  <p>relax Kids</p>	<p><b>I am proud of who I am</b></p>   <p>relax Kids</p>
 <p><b>I AM FULL OF BRILLIANT IDEAS</b></p>   <p>relax Kids</p>	 <p><b>I am kind and helpful</b></p>  <p>relax Kids</p>	<p><b>I HAVE SOMETHING POSITIVE TO ADD TO THE CLASSROOM</b></p>   <p>relax Kids</p>	<p><b>I AM ALWAYS EXCITED TO LEARN</b></p>   <p>relax Kids</p>
<p><b>I can ★ do this!</b></p>  <p><math>e=mc^2</math></p> <p>relax Kids</p>	<p><b>TODAY WILL BE THE BEST DAY</b></p>   <p>relax Kids</p>	<p><b>I ALWAYS REMEMBER THAT I AM UNIQUE AND SPECIAL</b></p>   <p>relax Kids</p>	 <p><b>I am a great class mate</b></p>  <p>relax Kids</p>



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## RESOURCES TO BRING CALM AND REGULATION TO YOUR CLASSROOM



To order books, CDs, MP3s, cards and printables visit

[www.relaxkids.com](http://www.relaxkids.com)



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# BACK TO CALM

Sessions to help support pupils mental and emotional wellbeing after lockdown



Help your pupils manage the difficult transition back to the classroom with relaxation sessions based on themes of feeling safe, developing positivity, resilience and feeling connected.



## Aims and Objectives



- Helps pupils manage change
- Encourages positive thinking
- builds resilience and a sense of community
- Gives pupils tools to help them feel safe and stable
- Sessions will include social distancing rules

**Online sessions are also available**

## FIND A LOCAL COACH IN YOUR AREA

[www.relaxkids.com/finder.aspx](http://www.relaxkids.com/finder.aspx)