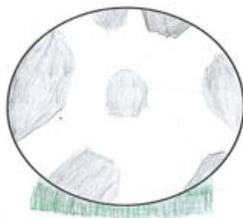


Children complete mindfulness activities in their own reflection book. Here are some examples of their work

Colouring and doodling

Imagine what this circle could be and finish the drawing...



Mindfulness Colouring



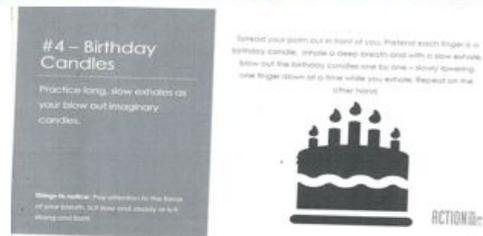
Imagine what this circle could be and finish the drawing...



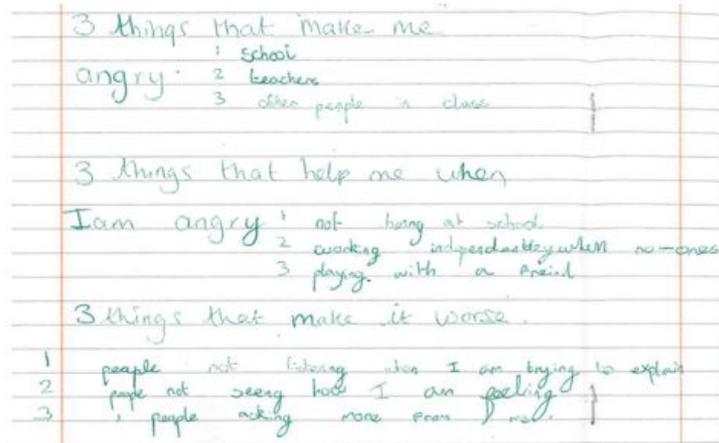
“Helps to get out my playtime mode”

“Write how I am feeling if I am sad/angry and just need calm.”

Calming breathing techniques



Expressing their emotions and feelings



Expressing their emotions and feelings

My favourite room in my house is my parents bedroom because when I enter that room I feel safe because 2 family members go in this bedroom more often than I do and when they leave the room, their love enters the room.

My safe place is my bedroom because there I give my mum cuddles and listen to calming music and listen to read books.

I am angry because ~~no one~~ ~~allowing~~ blaming things on me because I know it was someone else which it is and I think it's because ~~the~~ ~~he~~ ~~bro~~ Sierra H it is so irritating sometimes he makes me cry inside and if I let it out I will get ashamed because I am ~~strong~~ ~~in~~ ~~year~~ 4 and it's not just that it's also people ~~making~~ ~~how~~ ~~acting~~ ~~for~~ ~~example~~ Kollyn and it just makes it harder - ~~of~~ ~~on~~ ~~myself~~ ~~that~~ ~~would~~ ~~to~~ ~~help~~ me.

my safe place is heaven because god and Jesus protect me at all costs and they let me see my family and they are very kind and nothing bad can happen in heaven

I was feeling disappointed when I tried to explain a team talk to my team but no one listened to me and made fun of me emphasising in a way to get them to recognise what I was saying something and it made me feel treated badly.

Me

Not Long ago I found out that my mom was having a baby that has been a massive change to my life. I will be getting wowed up in a night by the baby, but I don't care cos no matter what I will love it with all my heart. No matter where I am I will still love it. and I'm thinking how am I going to help this baby. What if I hurt it or not look after it well. but I know the baby will not care cos it will love me.

Teams pouring waterfull of puddles
blue inside
Never see the end of being sad

Why sad
why Disappointed
why disappointed
don't no why



See mood
See group
See never of kind



Connection Box

Dear Mrs Esparon and Mrs Ryan,

I would like to tell you:

That you are my
favourite teachers!

From, .

Dear Mrs Esparon and Mrs Ryan,

I would like to tell you:

My spellings are going really bad
and some times I want to
cheat so can I have some help.

Dear Mrs Esparon and Mrs Ryan,

I would like to tell you:

that my partener is a
little bit destracting
and keeps making silly
nois and some times ~~keeps~~
From, Cobby's me