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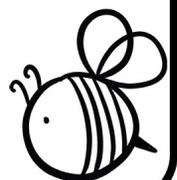
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Week 2



RELAX





#mindfulmonday

Teacher/ELSA Ideas/suggestions



Demonstrate what it means to relax our bodies by using an orange segment. Squeeze as hard as you can, using the whole of your body. Then relax and stop squeezing. You could give each pupil a segment and make a jug of fresh orange juice. Pupils can imagine doing this if you don't want to have lots of orange juice everywhere or you could use something else to squeeze. It is a good illustration of what tense and relax feel like in our bodies.



During circle time ask pupils to come up with things that make them feel relaxed. Use the sentence stem. 'I feel relaxed when...'



Spend five minutes at the beginning or end of the day to do a whole class relaxation session. Ask pupils to simply lay down, be comfortable and close their eyes. Put some relaxing music on. We have a lovely relaxation from Isabel Brooks in our ELSA Group on the website. You can access this by clicking this link [The little white boat](#).



Introduce the worksheet and list sheet (if appropriate). Ask pupils to think about all the things they do to relax this week. If they don't feel they are relaxing then ask them to find some time in the day where they can relax. It might be 'reading a book', 'having a bubbly bath', 'watching a movie', 'listening to music' or anything else that gives them that relaxed feeling in their body. Ask them to keep a list and then write or draw in the cloud shapes. They can also colour the worksheet to make it look amazing!



Relaxing their bodies is one thing but how do they relax their minds? Talk about how our thoughts can really impact on how we feel. So if we have worrying thoughts or angry thoughts or sad thoughts it will make us feel bad. All emotions have a physical effect on our bodies. So angry thoughts will lead to anger and anger will lead to a very tense body. Ask pupils to be mindful of their thoughts this week. Encourage them to change their negative thoughts to more positive ones. Simply put they need to 'THINK HAPPY'. One way to do this is to switch off and focus on something positive such as 'reading a book', 'listening to music', 'playing a game' or 'watching a movie'. They can also use some calming strategies such as these. [Calming strategies](#) or these [Relaxation cards](#). Remind them also of the 'Grateful Jar' they did last week. This is a great way of changing our thoughts to be more positive.



Everyone can benefit from more relaxation in their lives. Just spend a little time each day relaxing your body and relaxing your mind. Make a regular relaxation time in your class every day.





How can you relax this week?

#mindfulmonday

RELAX



Name



AWESOME

On completing the

WOW

**Relax me
Challenge**

Presented to:

Signed:

Date:



AWESOME

On completing the

WOW

**Relax me
Challenge**

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