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### ELSA Wellbeing Calendar 2023

12 x A3 Posters to display with a monthly focus and lots of room to write important dates

### ELSA Wellbeing Yearbookmarks

12 BOOKMARKS WITH POSITIVE AFFIRMATIONS IN COLOUR AND THE SAME IN BLACK AND WHITE

### ELSA Wellbeing Desk Calendar



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# Wellbeing Year Serene September

<b>Monthly focus</b>	To find ways to relax the body and mind	<b>Resources</b>	Make a wish card or use a toy wand  Make your wishes come true worksheet
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Run the group as a circle time. This would work for a small group or for larger groups too.

<b>Warm up Breathing exercise</b>	Show the pupils to .Breathing card.. Start by leading a short breathing exercise. Ask the children to close their eyes, take deep breaths in through their noses, and exhale slowly through their mouths. Guide them to focus on their breath and notice how it feels. Ensure the exhale is slightly longer than the inhale. After a minute, instruct the children to open their eyes and bring their attention back to the circle. How do they feel? Pass the breathing card around the circle for them to say 'I feel...'
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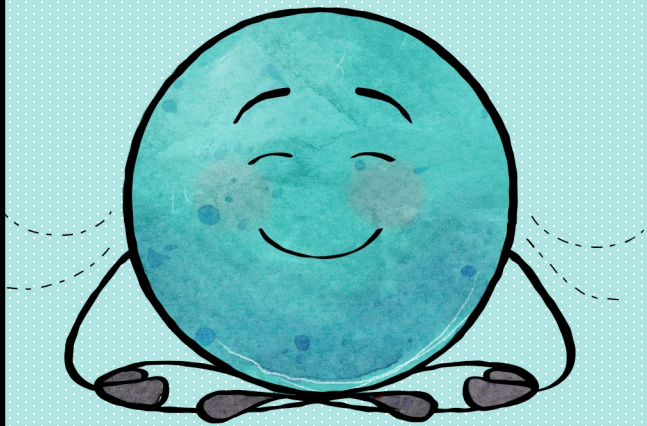
<b>Activity</b>	<p>This lesson's focus is on finding ways to relax the body and mind. You can see how breathing slowly can relax your body and mind. Another thing that can be helpful is using visualisation exercises. Let's try this one. (Use a calming voice as you read the visualisation)</p> <p>Lay down and get comfortable, close your eyes and imagine you're by the shimmering shore of a calm, sparkling lake. In front of you is a small, colorful boat, patiently waiting for you to embark on a delightful journey. Step into the boat and feel the smooth wooden floor beneath your feet. Take a seat and grasp the oars in your hands. As you gently row away from the shore, notice the gentle ripples forming in the water, creating a soothing rhythm. The sun shines warmly on your face as a gentle breeze carries your boat across the peaceful lake. Listen to the sounds of nature around you—the chirping birds and the distant rustling of leaves. Take a moment to breathe in the fresh, crisp air and feel a sense of calm wash over you. You're in control of your little boat, exploring the beauty of nature at your own pace. Allow yourself to fully enjoy this peaceful voyage, leaving behind any worries or stress. When you're ready, slowly open your eyes, carrying the tranquility of the lake and the joy of your boat adventure with you.</p> <p>How did that make you feel? Could you imagine rowing the boat on the lake? What sort of things did you hear and see? Take the pupils' answers.</p> <p>Today you are going to create your own visualisation. Close your eyes and imagine a place where you can feel calm and relaxed. You can use this visualisation if your emotions get too big. Take yourself to a place where it is safe for you to close your eyes and relax for a few minutes. You can try practising it at night time before you go to sleep. Give each pupil the visualisation worksheet for them to create their own.</p>
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<b>Review</b>	<p>What have you learnt today? Do you think you will be able to use the calming breathing and visualisation exercise?</p> <p>Feeling relaxed and calm will help you to feel more focused, and ready for any challenges you may face</p>
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# Breathing card

**BREATHE  
IN**

through your nose



**BREATHE  
OUT**

through your mouth



# Relaxing Visualisation

Think about a place where you feel relaxed and calm. It can be anywhere at all. You can make it up and use your imagination. You can draw it or write it or do a mixture of both.

Here are some questions to help you...

**Where is it?**

**What can  
you see?**

**What can  
you feel?**

**What can  
you taste?**

**Who is  
there?**

**What can  
you hear?**

**What can  
you smell?**



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