



Mindfulness

Classroom Activity

Tackling Stress and Anxiety
Breathing Techniques and Managing Emotion

The Grumpy Jar

To deliver this you will need a Jar, some sand or glitter and a jug of water.

Grumpy Jar Part 1, 2 and 3
 Includes 3 different ideas for breathing techniques

Benefits of this activity:

- Gives the children the opportunity to have some time out
- Opportunity to express feelings
- Physical representation of their feelings to help mood management in future

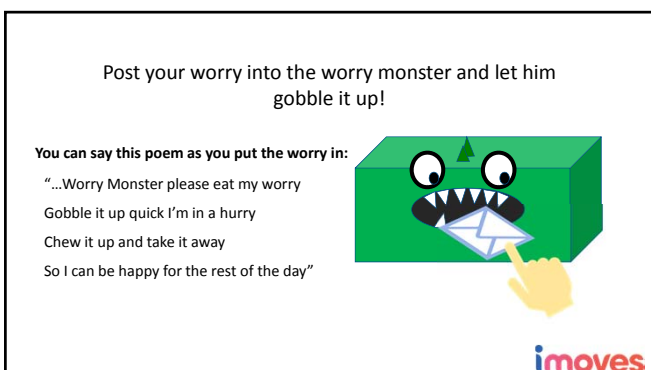
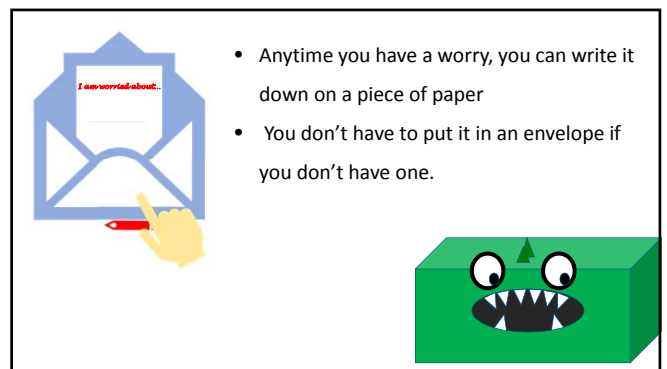
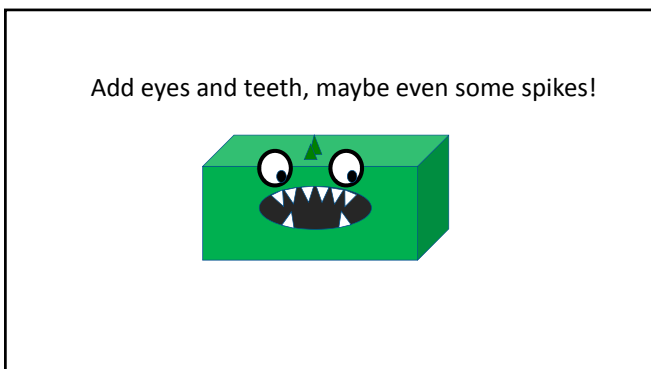
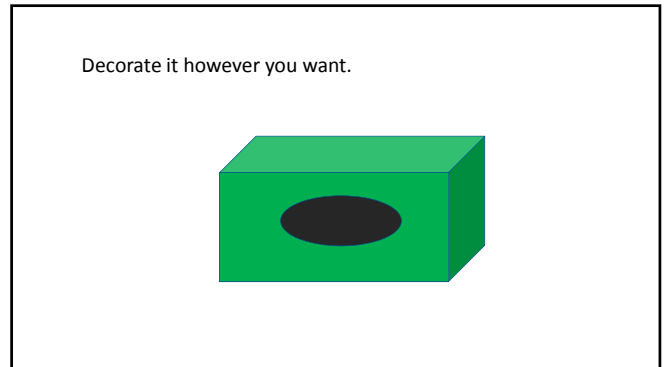
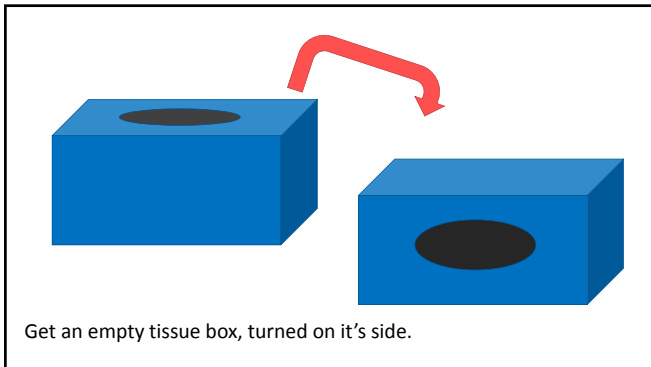
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THE WORRY MONSTER

Feed your worries to the worry monster and let him gobble them up!

Here's how to make a worry monster for your class.

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To Rap or Not to Rap

1. Use the simple poem on the next slide (By Imogen Buxton-Pickles)
2. Create a rap style performance with movements and actions
3. Use our beat to work with



Friend

As I grow up, I look around,
For someone who shares my common ground,
We share our thoughts, and other stuff,
A shoulder to lean on,
When life get's tough,
I've got your back,
And you have mine,
Our friendship will stand the test of time!



Tackling Stress and Anxiety Lifting Mood with Movement and Breathing

Mindfulness

Classroom
Activity



Active Blast:
Wellness Wednesday
Chair based Pilates and Stretch



Benefits of this activity:

- Improved and refreshed pathways between brain and body
- Calmer and more focused
- Relaxation of tense muscles

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Other Active Blasts to access

Yearly Programme of Daily Active Challenges

Mighty Monday	Strong mind and body activity
Challenge Tuesday	Anything goes!
Wellness Wednesday	Mindfulness and Health Me activities
Thinking Thursday	Problem solving, team building activities
Funky Friday	Fun dance and fitness to music



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Mindfulness



Relationships and Trust via Gymnastics

This activity is
in your packs
as a free
resource



Pairs Activity: Trust

Step 1:
With a partner create 2 counter
balances that relay on TRUST

Key words:

- Trust
- Counter Balance



Group Activity: Communication

Step 2:
3 group balances created from
the ideas inspired from pairs
activity

Key words:
Positive Communication



Group Activity: Communication

Step 3: Link your movements

- Balance 1
- Transition = Turning
- Balance 2
- Transition = Traveling
- Balance 3
- Transition = Jumps or Leaps
- Balance 1

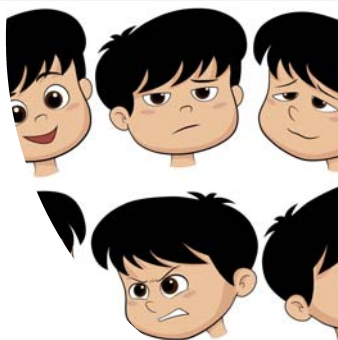


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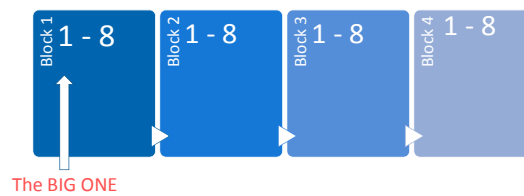


Emotional Wellness / Resilience via Dance

The next activity is in your pack as a free resource



32 count music structure



6 principles of dance

- 1 Traveling
- 2 Turning or rotating
- 3 Jumping or leaping
- 4 Balance and stillness
- 5 Using levels/different plains
- 6 Gesture = Telling the story

DANCE: Emotional Wellness and Resilience

Creative Task:

1. Create a dance relating to **Emotion and Mood** OR a **Stressful Event**
2. Using the principles of dance to create **themed moves to tell a story**
Principles = Travel, Jump, Turn, Balance and Levels
3. Moves should work with the beat in blocks of **32 , 16 or 8 counts**



Mindfulness Audio Programme for Primary Schools

Year Groups	Audio Description			
Y1 and 2	Resilience	Confidence	Anxiety	Friendship
Y3 and 4				
Y5 and 6				

Visualisation techniques to help children to manage their own thoughts and feelings

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Round Up



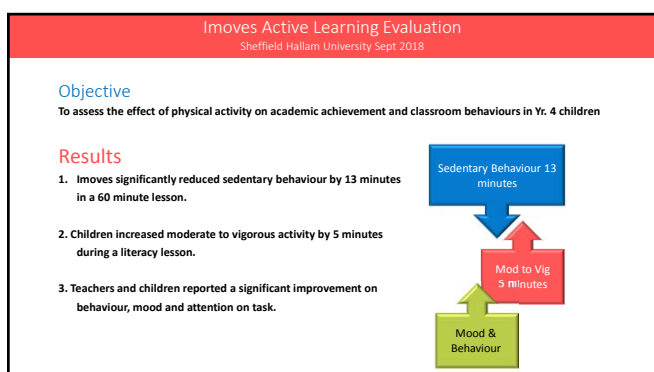
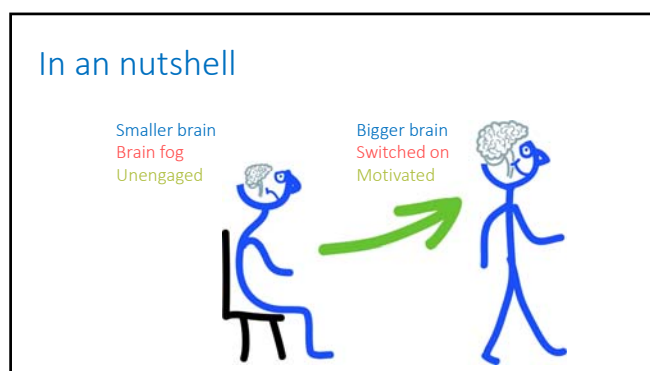
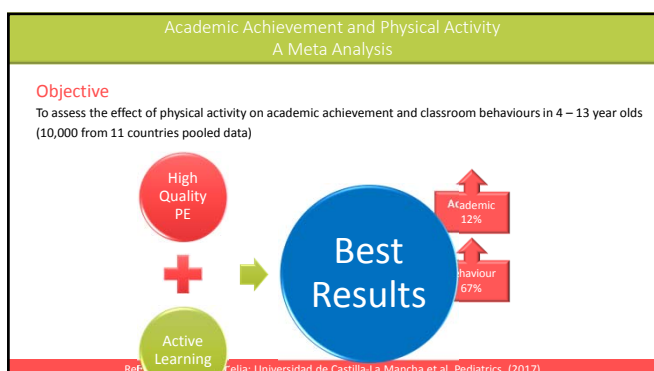
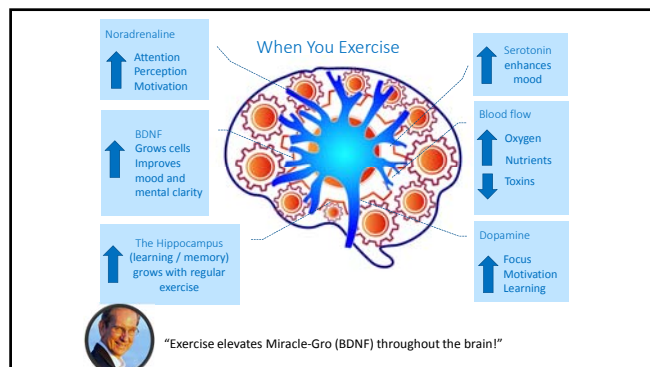
PE: Change the focus in Gym and Dance
Focusing on Trust, Relationships or Emotions

Classroom:

- Mindful Activity - Chair based Pilates, Yoga, Stretching
- Literacy and Friendship
- Audio Calmer using Visualisation
- Simple Breathing Activities – Grumpy Jar



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- Welcome page
- Week by week activity guide
- Poster
- What's included
- Check list and review questions

30 Day Active Challenge

Access 30 day Active Challenge resources and poster

Happier, focused, better behaved children in just 30 days

Active Blasts, Active Learning and PE

Points and Certs for "Active Pioneers"

Support in normalising activity

30 day challenge resources

PE interactive schemes

- Dance
- Gymnastics
- Pilates
- Fundamental Skills for Games KS1
- Football, Basketball and OAA

Maths

- Number and Placement
- Add, Subtract, Multiply and Divide
- Fractions: Measurement
- Statistics & Geometry

Literacy

- Reading
- Spelling
- Poems
- Punctuation

Active Blasts

150 interactive blasts from 2 – 12 minutes

Mindfulness

- Resilience
- Confidence
- Relationships
- Anxiety

Science and Humanities

Interactive classroom and hall based activities

The Monkey

Radius, Diameter & Circumference

Complete

- Complete the active 30 calendar aiming for 18 points

Review

- Review and record evidence of activity on focus, mood and behavior

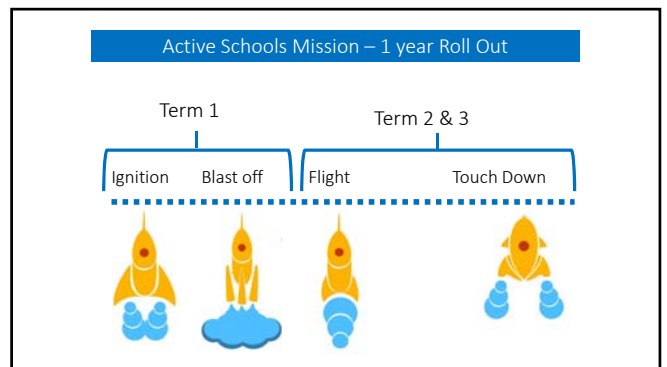
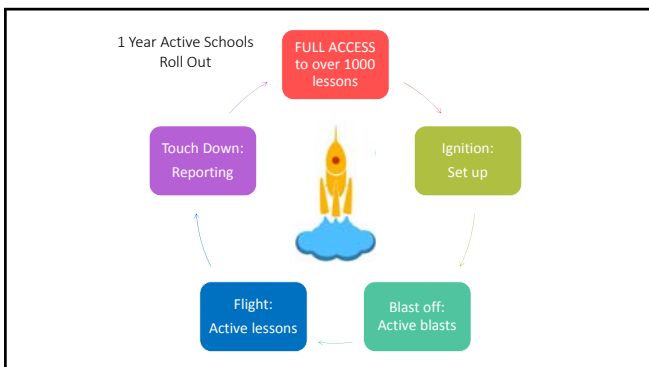
Organise

- Organise meeting with SLT to review findings of your 30 day challenge

Call

- Call with moves to action plan

Our Expectations



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Package	Content	Mindfulness Opportunities
Active Classrooms £795	<ul style="list-style-type: none"> Literacy and Phonics Maths Science PHE and Mindfulness History and Geography Daily Active Challenges 	<ul style="list-style-type: none"> Building Confidence Positive Relationships Building Trust Positive Team work Improving Resilience Mood Management
PE £595	<ul style="list-style-type: none"> Dance Gymnastics Pilates Skills for Games OAA 	
Dance £495	<ul style="list-style-type: none"> 50 different styles and topics 	
Active Schools £995	All the above	

Sports Premium Funding