





Calm me....



We are half way through the year now and we have been learning, in our 'Calm Me' time, to help our minds to calm down and be peaceful so we can concentrate better.

How do you feel when your mind is peaceful and quiet?

How do we calm our minds down? (Breathing techniques, listening to the chime, helping our bodies relax, imagining calm pictures in our minds...)

So we use these techniques to help our minds to be calm so we can learn better.

When else do you use your breathing? (maybe to change my mood to happy, to help me calm down when I am grumpy or getting angry)

So today, let's start by sitting up nice and straight in our 'Calm Me' way...nice straight spine, feet flat on the floor and take a slow, deep breath in...and let it out again gently. Close your eyes if you are comfortable with that.

Breathe in again through your nose, feeling your lungs fill right up. And then gently let the air out, blowing through your lips so you feel relaxed and peaceful.

Now, keep concentrating by listening to the chime until you can't hear any sound...

(Strike the chime)

Listen, listen...

Now listen to what you can hear in the quietness, can you hear your own heart beating? Listen very, very carefully.

The quietness feels good and lets our minds have a rest.

Focus your mind on your breathing again, and enjoy feeling calm and relaxed as you breathe in and out.

Listen to the chime again and take one slow, deep breath, feel your tummy rise as you breathe in and fall as you breathe out again.

Then very gently bring your attention into the classroom. Wiggle your fingers and toes and be here with me now all peaceful and ready to learn.

How many ways can you think of to keep your body healthy?



Healthy, balanced diet

Exercise

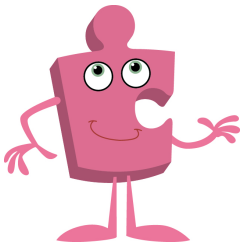
Drinking
water

Resting and
relaxing

Sleeping well

Keeping clean

Although we all know how to stay healthy, it can sometimes be hard to stick to it.



Jigsaw Jo goes to judo every week and usually enjoys it. But one week, it doesn't seem as fun to Jo, who decides to stay at home instead. Jo is a bit tired and can't really be bothered to go out, even though there will be loads of nice people at judo. Jo feels a bit disappointed to miss judo...

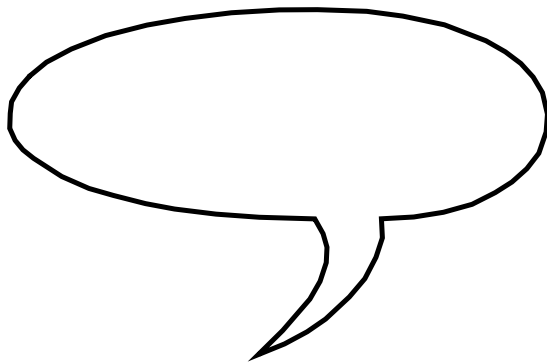
Why might Jo feel like this?
Have you ever felt like this?

We all need to feel **motivated** to do something.

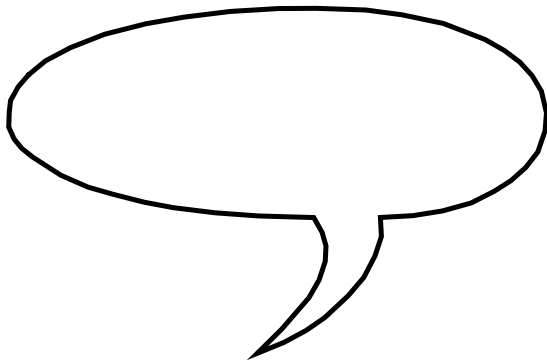


Look at the scenarios on the next pages. What would you say to Jigsaw Jo?

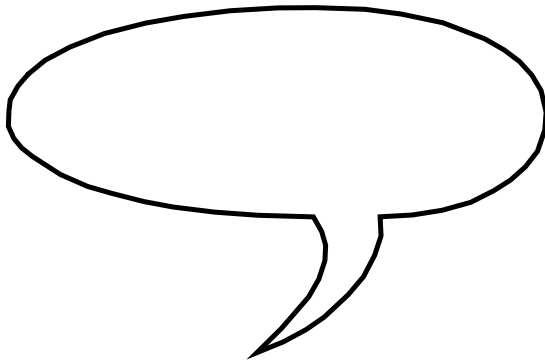
Jigsaw Jo doesn't feel like going to dance practice.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to eat the apple in the lunchbox.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to go to bed on time.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to wash hands after going to the toilet.

What could you suggest to help Jo?

