Calm Me Script

My favourite Year 3 children... come with me as we help our minds to get peaceful and calm.

Let’s sit up nice and straight in our chairs. Imagine the golden thread is pulling up gently through the top of your head stretching your spine so you feel proud and dignified.

Keep both feet flat on the floor and your hands loosely in your lap.

Close your eyes gently as you ask your mind to focus on your breathing. We are breathing all the time but usually we don’t notice... but now I want you to notice that you are breathing and how nice it feels.

Breathe in through your nose and count in your head 1,2,3,4,5 slowly, gently.

Breathe out again feeling your tummy sink back in and hear your mind silently say: I’m so glad that I’m alive.

In... 1,2,3,4,5... Out... I’m so glad that I’m alive.

In... out...

Breathe gently and be aware that your body is calming down as well... your muscles are relaxing, your arms, your shoulders, your tummy, your legs, your face…everything relaxing so you feel calm and peaceful.

Your precious body is relaxed and your mind is feeling calm, glad to be alive.

Listen carefully to the chime and when you can no longer hear any sound start to bring your body and mind back into the classroom... wiggle your fingers and toes and bring that quiet mind back to focus on this

moment right now.

Let’s learn.