



Feelings

Aim:

To recognise that our feelings affect our actions and identify relaxation strategies.

Preparation and Materials:

Sign up for a free Headspace trial at www.headspace.com [accessed 22.06.2020] for a free trial in order to play the meditation.

Assembly:

Entry music: What a Feeling, Irene Cara.

1. Explain to the children that it is always really lovely to see their happy, smiling faces. However, as they came into school this morning, they might not have been feeling happy. What other feelings might pupils have had coming into school this morning? Give pupils 30 seconds to discuss in pairs and then feedback. You might want to write up the list on the board.
2. Explain that different things might have happened at home that morning, or at school yesterday or be happening in school today that could cause those feelings. Ask the children for ideas about the following questions:
What might make someone feel sad about coming into school?
What might make someone feel excited about coming into school?
What might make someone feel nervous about coming into school?
3. Share some examples of times when you have had different feelings coming into school e.g. tired because you couldn't sleep well or nervous because it was the school production and the headteacher was coming to watch.
4. Explain that none of these feelings are wrong and how we feel is ok. However, our feelings often affect our actions. If I am tired and grumpy, I might tell my class off a bit more and not be friendly to the other teachers. If I am nervous, I might not be good at listening to other people or able to concentrate.
5. What can we do to help us feel ready to learn in school and be a good friend to those around us? Take suggestions from the children and then explain that you are going to do a guided meditation with them which is a way of pausing and thinking about our feelings so we are ready for the day. It is one thing that can help us to feel ready to learn, no matter what feelings we have had coming into school.

The Character Curriculum

Flourishing for Life



Reflection:

Ensure that the children are sitting comfortably and do the following guided meditation together:
<https://my.headspace.com/kids/64> [accessed 22.06.2020].

Challenge:

Try to take note of how you are feeling each morning this week as you come into school.

