

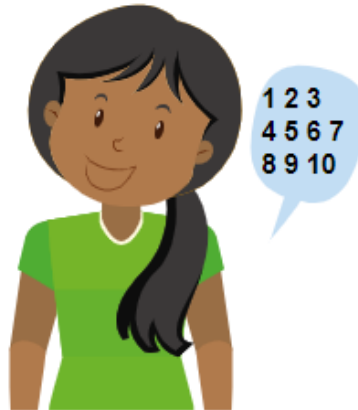
Here are some ways to calm yourself down if you are feeling a little angry or finding things difficult to cope with. Maybe you can try some if you start to feel yourself getting angry or frustrated with something or someone. If you are finding some of your work difficult and you can feel yourself getting frustrated then try one of these to calm yourself down.

I can calm myself down.



Take a deep breath

I can calm myself down.



Count to ten.

I can calm myself down.



Think about what I
am trying to say.

I can calm myself down.



Keep hands and feet
to myself

Mindfulness

‘A mental state achieved by focusing one’s awareness on the present moment, whilst calmly acknowledging and accepting feelings, thoughts and bodily sensations.’

Mindfulness script

Introducing mindfulness and relaxation into your classroom helps improve student's retention, concentration and memory. (To be said in a soft relaxed voice)

- Begin by settling into a comfortable posture.
- Close your eyes softly.
- Clear the mind and focus on your breathing.
- Gently gather all your attention into the centre of your body.
- Focus solely on your own body, your breathing and your own positive thoughts.
- Ignore any thoughts about the outside world.
- Allow the outside world to gradually melt away and dissolve into empty space.
- Begin by bringing your attention to the area around the top of your head and gradually work down through your body to the tips of your toes relaxing every part of the body on the way.
- Focus on the top of your head. Imagine that any tension is dissolving away.
- Then focus on the temples and forehead, imagining any tension headache or pain has gone and it feels soft and squidgy and really relaxed.
- Scrunch your face up tight, then let it go and feel all the tension drain out.
- All the tension in your head drains down through your body into the ground.
- Then imagine the tension in your jaw and ears gradually melts away – your jaw drops and your ears are drawn to the ground. Your body feels soft and jelly like.
- Pause for a short while and then think to yourself my head is now comfortable and relaxed.
- Then gently work your way down the body relaxing each part and letting the tension drain away.
- Focus on your neck and shoulders, feel them relax and go soft. Your shoulders melt into the ground or surface they are resting on.
- Relax the shoulders even more by lifting them up gently and as they drop, imagine all the tension dissolving down into the ground, do this several times.
- Really feel the body relaxing, feel the surface underneath you supporting you and taking away any troubles or thoughts.
- Think to yourself you are happy, safe and supported.
- Think to yourself... my neck and shoulders are now comfortable and relaxed.
- Relax your arms and hands imagining all the tension in these areas drains out of your fingertips and far into the distance.
- You now feel as light as a feather.
- Focus now on the back and bring your mind to the top of the spine focusing on any area of tension that may have built up around the spine. Place your mind on these areas of tension and allow the knots to unravel as you focus on them and the tension dissolves down your spine out through the soles of your feet, into the ground.
- Mentally work your way down the spine, slowly relaxing and unravelling any knots you feel or stress that may have built up. As your attention reaches the base of the spine, think to yourself now my back is comfortable and relaxed. I'm supported by the ground or surface beneath me and it feels very comfortable.
- Bring your attention to the front of your body, focus on the chest area and stomach.
- Then think to yourself, now my chest and stomach are comfortable and relaxed.
- Then we focus on our legs and feet, imagining any tension in these areas drains away, disappearing out of the soles of the feet – leaving you feeling comfortable and relaxed.
- Gradually scan down from the top of your head to the tips of your feet, checking to see if there is any tension left in your body. If you find any, then just tell it to go away because you can and you are in control of being relaxed in your whole body.
- Imagine all the tension drains out of our body and just enjoy this experience of relaxation.
- Think to yourself my entire body is comfortable and relaxed and I am in control, happy and at peace.
- Gradually bring your relaxation to a close, by becoming aware of your body, and position in the room.
- Gently open your eyes.
- Stay relaxed on the floor with your eyes open and when you can, sit up slowly and take four long deep breaths – breathing in the lovely memory of relaxing and holding onto how you feel.