

Theme: focusing on being resilient when facing change or difficulty.
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Transcript:

There are changes ahead for all of us and it's strange that we haven't had a chance to talk about them very much. Let's think about it now.

First of all, let's get ready for our Calm Me session. Let's relax the body and calm the mind. So let's start by imagining a golden thread pulling your spine nice and straight as you sit up in your chair. Both feet flat on the floor and aware of your body touching the chair, your feet touching the floor, how your clothes feel against your skin, the temperature in the room. If you can, close your eyes.

Start to focus on your breathing. Use the 4/6 technique (breathe in through the nose to a silent count of 4... and gently and slowly out, through the mouth, to a silent count of 6... Or just enjoy focusing on your breathing until you feel still and quiet on the inside and the outside... I will strike the chime. Let your mind follow the sound of the chime until it drifts far into the distance. (Strike the Jigsaw Chime) Allow any tension or worry to pass down through your body and out through your feet...until you feel relaxed... check your shoulders. Are they tense or relaxed?

In the quietness of your mind, let yourself look at the changes that lie ahead. Picture your new teacher, smiling at you. Around your new teacher are some of your friends, perhaps some that you haven't seen for ages. They're waving and smiling too. How does it feel to see them? Are you excited? Pleased? Focus on those feelings. Remember them. Perhaps, in the weeks between now and returning to school, you might have moments of worry or a little nervousness. Allow those feelings. They are natural and normal. But look again at that group of your friends, waving at you. Imagine yourself, right there, with them. You are smiling. You are strong. You are resilient. You've faced change before and you can do it now. Remember your strength and the love and support you will receive, and will always receive, from your friends, your teachers and your family. Be proud of your resilience. Ask your mind to remember this picture so that you can revisit it whenever you want.

Very gently focus back on your breathing. In for 4 (1,2,3,4) out for 6 (1,2,3,4,5,6), or follow the breath as it travels to your lungs and out again. I will strike the chime. Let your mind follow the sound of the chime until it drifts far into the distance. (Strike the Jigsaw Chime) When you are ready, start to bring your focus back to the room and the present moment. Stretch your arms and legs, move your head gently from side to side, and slowly open your eyes.