

Guidance Notes for Teachers

Use this pack to encourage moments of reflection within the busy school day. Promote wellbeing and calmness for all, by teaching relaxation techniques and strategies. Use the resources as starting points for finding ways to add mental health check-ins to the daily timetable.



Contents:

- 1 x Welcome Plaque
- 1 x Mandala Plaque
- 1 x Calm Plaque
- 1 x Set of 7 Felt Hearts
- 1 x Rainbow Mandala Dreamcatcher
- 1 x Mandala Suncatcher
- 1 x Affirmation Bunting

Please note contents and designs may vary.



The items in the Wellbeing and Calmness Pack shown in the pictures on the left can be used in KS1 and KS2 classrooms.

- Create cross-curricular links and cover elements of the PSED, PHSE, and Art and Design curriculum.
- Use the resources to develop class based and whole school approaches to wellbeing.
- Discuss kindness within groups of people and also kindness for oneself.
- Use alongside celebration days, including Empathy Day, International Day of Friendship and World Kindness Day.
- Use to explore topics such as wellbeing, calmness, friendship, kindness, empathy, respect, and positivity.
- Position resources in areas of the school which are used by both pupils and staff.

Activity 1 – Whole Class Circle Time

- Talk about the circle being a safe space for pupils to be treated respectfully.
- Support discussions about wellbeing and calmness – what does this mean to pupils?
- The felt hearts can be passed around the circle as pupils are talking. A single heart could be used to indicate that someone holding the heart is the person talking.

Activity 2 – Dreamcatchers

Dreamcatchers are believed to originate from the Ojibwa Native American tribe in the 1920s. The legend says that Asibikaashi, the Spider Woman, who protected the children from bad dreams, could not get to each child's bed every night, so the women of the tribe wove magic webs and hung them over their beds. Dreamcatchers are designed to look like spider webs and their purpose is to catch bad dreams. The feathers attached at the bottom act as a slide, enabling the good dreams to travel down to the sleeping child. The beads woven in symbolise the spider, the web weaver, and they act as charms to prevent good dreams being trapped.

- Use online resources and tutorials to create personalised dreamcatchers.
- Write down good dreams and share them.
- If the weather is suitable go on a spider web hunt.

Activity 3 – Suncatchers

Suncatchers are believed to have first been made by Native American Indians and have spiritual and cultural significance. They are often used as symbols of personal beliefs and values. Some people believe that suncatchers take the energy from the sun and energize the area by spreading that light around in rainbow form.

- Create personalised suncatchers.
- Find shared places around the school to display suncatchers.
- Make a natural suncatcher by sticking fallen leaves to sheets of plastic.

Activity 4 – Wellbeing

- Plan and organise a whole school Wellbeing Day.
- Encourage pupils to consider a range of ideas and activities that improve their wellbeing.
- Make time for mindfulness colouring, meditation, yoga, group discussions, time outside, healthy eating and exercise.

Activity 5 – Calm Space

- Design and create a Calm Space within the classroom.
- Explore ideas for helping mindfulness, including music, comfortable seating, and visual aids.
- Consider who uses the space and how it could be used to provide learning breaks.

Activity 6 – Meditation and Mindfulness

- Talk about the practice and purpose of meditation.
- Provide a safe space for those pupils who would like to participate and allow time for reflection.
- A mantra is a sound, word or phrase which is repeated and believed to have a special spiritual power. Spend time creating personal mantras that are significant to the individual and can be used during meditation.

➤ Affirmation Bunting

An affirmation is a positive word or phrase which can be repeated to reinforce its power and meaning to an individual. Affirmations can be used to challenge negative ideas and bring about positive change. This bunting is a Fair Trade item from Bali, Indonesia and the words printed are; Hope, Faith, Love, Happiness, Believe, Dream, Peace.

Pupils can:

1. Create their own affirmation bunting.
2. Create bunting for the classroom and shared areas within the school.
3. Choose an affirmation word from the bunting and mind map what it means.

➤ Mandalas

A mandala is a spiritual symbol which in Hinduism and Buddhism represents the universe. Mandalas are sometimes used as an aid to meditation and as way of focusing attention. Traditionally, a mandala would have been painted on walls and scrolls or created in sand. Some people believe that a mandala transmits positive energy to those around it.

Pupils can:

1. Use online resources to research mandala images.
2. Use a variety of materials to create mandalas.
3. Use mandalas as a way of relaxing and focusing.

➤ Fair Trade

Fair Trade is a worldwide movement that aims to help producers in less economically developed countries, whether they be handicraft producers or farmers. The term Fair Trade means that producers receive a fair price for the goods they produce.

Each item included in this pack can be a way to teach and learn about the principles of Fair Trade. Teaching the principles of Fair Trade provides learning opportunities in many areas of learning, including PSED, Understanding the World and Geography. The items have been sourced by a BAFTS recognised Fair Trade importer of 20 years. The suppliers of the items in this pack are small family businesses employing only a few people; we try to keep them in continuous work enabling their businesses to grow.

Explore further – What are the 10 Principles of Fair Trade? How does Fair Trade help producers? Research the many organisations around the world, including Fairtrade Foundation, the British Association for Fair Trade Shops and Suppliers (BAFTS) and World Fair Trade Organisation (WFTO).