



Self-regulation



These children show us all the things that make them happy.

<https://www.youtube.com/watch?v=q6z-yZwfS5k>

What makes you happy?



SHAPES YOGA



I am a triangle.
DOWNWARD-FACING DOG POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



I am a star.
RESTING POSE

© Kids Yoga S

What shape are you?





STAR BREATHING

Start at any "breathe in" side, hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



<https://soundcloud.com/user470478574/breathing-in-positivity>

The meditation this week from Miss Katie is all about positivity

