CALM CATS

Congratulations on downloading you Calm Cats school resource pack; supporting children returning to the classroom following the Coronavirus pandemic.

The aim of the resource pack is to support teachers and school staff to provide a little something extra during the school day to help cultivate a nurturing environment that incorporates wellbeing practises throughout the day.

1] Ease into the school the day with Morning Meditation. The morning meditation gives the opportunity to tune out of worries, let go of any morning stresses and find focus for the day ahead.

2] Utilise the Feelings Check in Scale or Zones of Regulation check in throughout the day with the children to encourage expression of feelings and emotions and find an appropriate tool to help manage these [see possible activities in point 3]

3] Cats Paw Tap, Practising the Pawse and Flower Breathing can all be used as go to tools to re-focus the class, regulate emotions or take a break if things become overwhelming.

4] Shaking Cats and Cat Stretch can both be used as brain breaks. The former for when the children are brimming with energy and need to shake out their fizzy and the latter if you need to liven the class up and wake up brains.

5] Finish the day with a guided relaxation, using the technique Progressive Muscle Relaxation. Send the children home having let go of any stress and tension from their day feeling calm, relaxed and happy.

Templates are included for a mindful craft activity to make a flower for the 'Flower Breathing Exercise' and for the feelings check in scale

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Flower Breathing Craft

You will need

1. Flower template
2. Colouring pens or pencils
3. Scissors
4. Glue or glue spots
5. Cotton wool
6. Cupcake case
7. Essential oils (optional) A squeeze of an orange also works well
8. Lolly stick or craft straw

Take your flower template and colour it as you wish leaving the centre circle uncoloured.

Take a cupcake case and stick it in the middle of the centre circle.

Stick a cotton wool ball in the centre of the cup-cake case.

Attach the flower to the top of a lolly stick or craft straw.

If you are using essential oils or a squeeze of juice from an orange, squeeze this onto the cotton wool.

Ta Da! You are ready to practise the 'Flower Breathing' Exercise

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Feelings Scale /Zones of Regulation Scale Instructions

You will need

1. Feelings or Zones scale template
2. Pipe Cleaner
3. Bead
4. Hole punch
5. Pen or pencil
6. Colouring pens (optional)

The scales can be used as they are or before constructing the feelings scale, spend some time talking to the children about what feelings and emotions each emoji face represents to them and write these on the scale. They may want to colour each quarter with a colour that represents that feeling or emotion to them.

Laminate the scale template for best results.

Hole punch a hole in the top quarter and bottom quarter.

Thread a pipe cleaner through the back of one hole, tie to secure. Thread a bead onto the pipe cleaner. Push the free end of the pipe cleaner through the second hole and secure at the back

Ta Da! You are ready to use your feelings or zones scale.