

Tuning children in to circle time in a mindful way

Ask children to:

- Relax shoulders
- Put hands in your lap
- Imagine a piece of string attached to the top of your head and pulling you straight.

Say: " *You feel proud, relaxed and happy to be you.*"

Children repeat: "*I feel proud, relaxed and happy to be me.*"

Strike the chimes once and ask the children to listen until they cannot hear any sound any more.

Say: "*Bring all your attention to this present moment and help your mind to concentrate on listening to the sound of the chime (strike it once more) until the sound is all gone, far away.*"

Ask children to:

- Put hands on tummy and breathe in a gentle, long breath, in through the nose and out through the mouth. (Do this a few times)
- Count to three as they breath in, then out.

Say: "*Let your mind imagine a picture of your special place where you feel really calm and peaceful. Picture that place and remember how it feels to be there, nice and calm and peaceful. You feel safe and calm and peaceful.*" (During transition, you may want to do some work on what their special place might look like - SNB for inspiration to follow)

Remind children that they can use this strategy when they are feeling worried, angry, scared or upset to help them calm down.

Now ask children to concentrate on our circle, ready to listen and share our thoughts and ideas.