

Time for reflection

Take a Moment



Take a Moment

'If every 8 year old in the world was taught meditation, we would eliminate violence from the world in one generation.'

(Dalai Lama)



Take a Moment

In this unit we have covered:

- We all experience a range of emotions every day
- Sometimes we feel stressed
- I have ways to help me cope

**Time to
think ...**

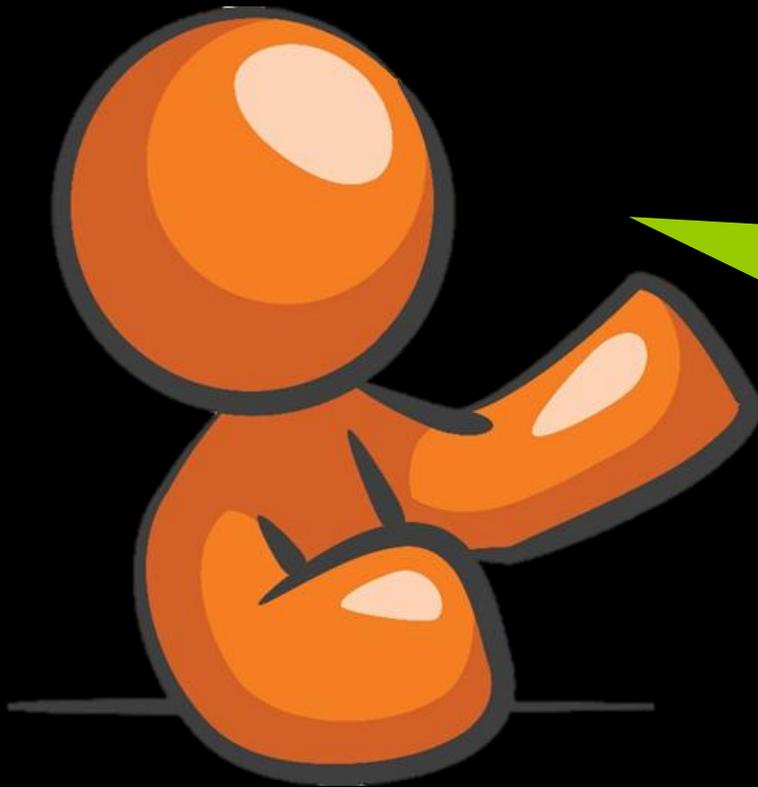


Can you think of a moment when you felt lots of different emotions at the same time?



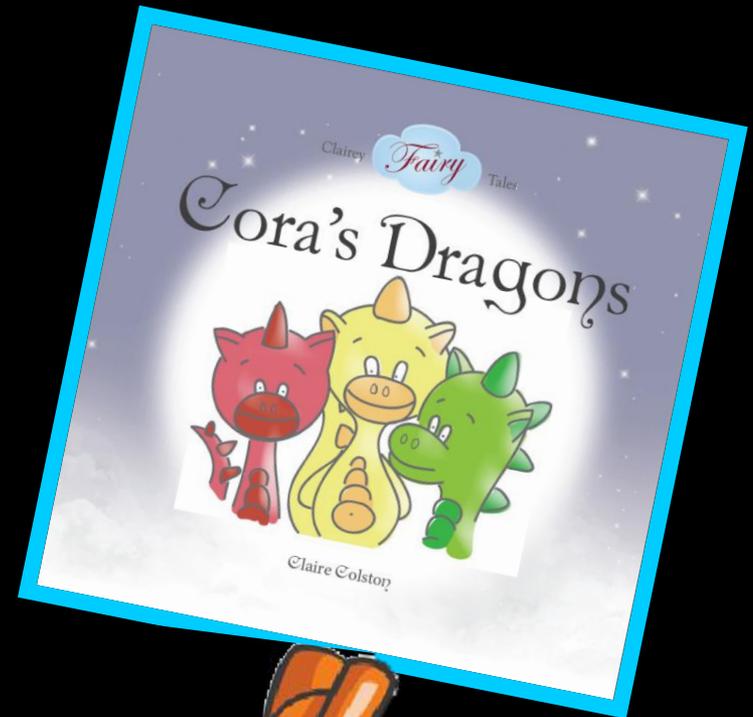
Think about a time when you felt mixed emotions. For example, taking part in a play can make you feel excited, nervous and worried.

Can you think of a time when you felt stressed before something and then proud when you completed it?

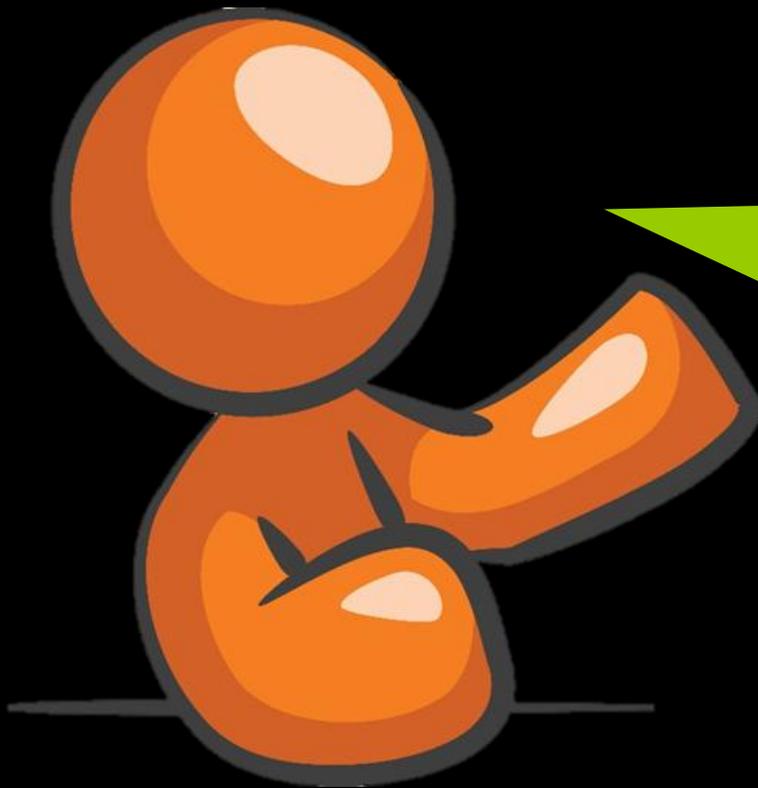


Think about what happens when you sit a test.

Skipper has a story about how it feels to be 'stressed'. It is called 'Cora's Dragons'



**What do you use to cope
when you feel down?**



**One very
simple thing
we can do is
to slow down
our breathing.**

Let's try it ...
take a moment ...
sit very quietly ...



We can think about it like this ...



**Did you
know we
all have a
peace
button?**

It also helps to change your posture

Let's try some power poses ...



How do you feel now? Do you notice a change in your mood?



**Which calming activity
will you use to help you?**

Reflection Time

