



NMM
NATIONAL MUSEUM OF MATHEMATICS



TAKE A MOMENT

Sharing Assembly



Take a Moment

In this unit we have been learning:

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

At the start of this unit, you were asked to ... do you have any ideas to share?



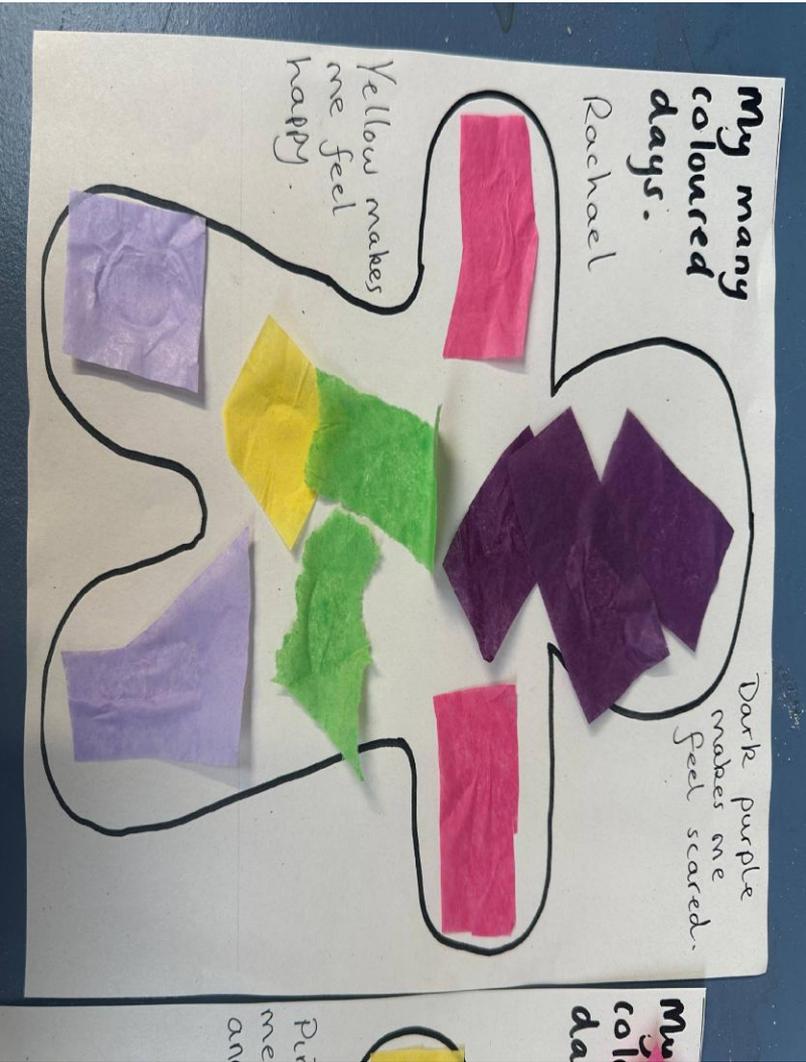
Share your list of helpful activities and help a family member to create a list of their own. Try some of the new ideas.

My Many Coloured Days by Dr Seuss Primary 1

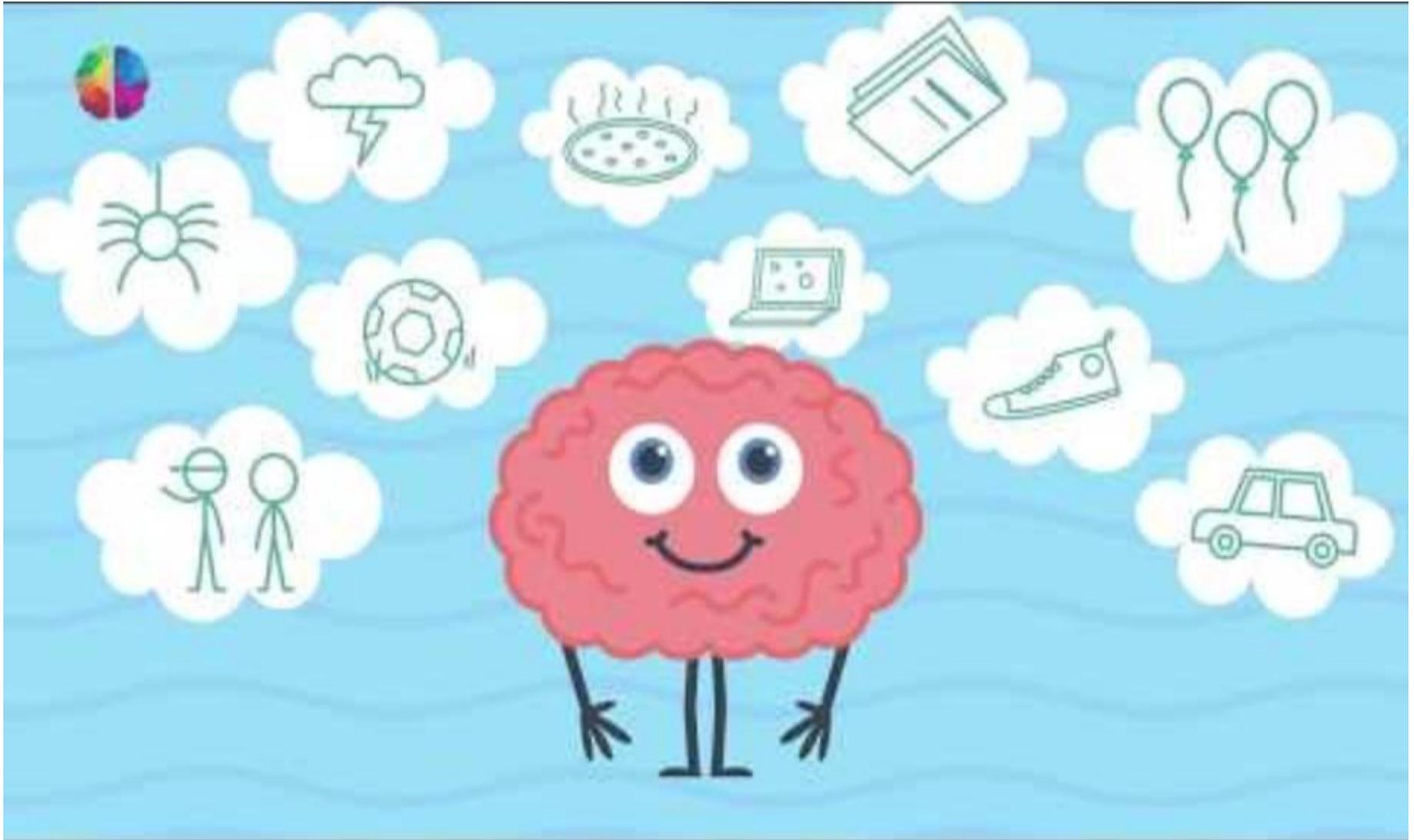


**We were learning
how different
colours can show
different emotions.**

Building Resilience



Take a Moment



Keep the Blues Away

**We need to find a way
to keep the blues away
So here's a simple way
to keep the blues away**

**Talk, talk, talk, everybody talk now
Sing, sing, sing, everybody sing now
Move, move, move, everybody move now**

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Take a Moment

*‘Live a journey. Not a race.
Slow down. Enjoy the view. Relax.
Take a breath and let it happen.’*

(Jason Neff)

