

Mindful Relaxation Class 3: **Big Emotions** - (Stress & Anger Management)

Class Materials:

- ✧ Soft background music
- ✧ Yoga mats and blankets
 - ✧ Hula Hoops
- ✧ Sea animal printouts
(laminare for continued use)



Class Objective:

1. To learn that all emotions are okay and
2. To learn how to manage stress and anger.

Mindful activity:

1. Stretching
 2. Moving
 3. Relaxation
 4. Guided imagery
 5. Play.
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Starter activity 1: 5 mins

Mindful activity: Reflections, affirmations and visualisations



CIRCLE TIME WELCOME



1. Sit in a circle and welcome everyone.
2. Talk about how the children used visualisation over the last week and how that improved everyone's week.
3. Put any new affirmations on your affirmation tree together.

Main Activity 2: 5 mins

Mindful activity:

Stretching and moving



1. This week we head back to Imagination Island.
2. Place hula hoops on the floor.
3. Ask the children to go from one side of the room over to Imagination Island by jumping on the boats (hula hoops).
4. Once everyone gets to Imagination island, do some basic stretches and fun dance movement to happy music (like Under the Sea).



Main Activity 3: 10 mins

Mindful activity:

Reflections and emotion awareness



CIRCLE TIME EMOTION

1. Sit down and discuss the theme EMOTIONS. Everyone feels stress and big emotions sometimes. What happens in our bodies when we're upset? Our heart beats faster, we might sweat, our tummy might feel in a knot, our muscles get tense etc.
2. We can learn positive ways to deal with it.
3. (See handout of different emotional reactions) Discuss ways to handle big emotions (talking it out, deep breathing, exercise, and counting down to relax).
4. Demonstrate each possibility.
5. Ask children about when they have been upset or angry and how they dealt with it.

Main activity 4
Mindful activity:



UNDER THE SEA

1. On Imagination Island today - we're going to pretend to be different sea animals and use our bodies to act out different sea animals respond. (Use handout from Emotional Reactions as guideline).
2. Everyone pretends to be a crab and reacts to upsets by using imagery pinchers towards others (ask children to squat and pretend being crabs).
3. Go through each animal and act out how animal would respond.
4. Octopus runs away to the corner of the room;
5. Sea turtle goes inside and hides;
6. Clam shuts himself off from the world, etc.
7. Ask students at the end of the game to remember how they can respond in a better way to stress and anger.

Main activity 5
Mindful activity:

Massage (shoulder release technique and relaxation
You can replace this technique with
independent head massage if needed.



HAPPY SEA SNAKE

1. Ask everyone to sit down and to take a few moments and relax their shoulders completely.
2. Use the palms of your hands to gently but firmly massage the area where the shoulder meets the neck. This area tends to hold a lot of tension and stress. With the pads of your four fingers together, rub the area forward and backwards and in small circles.
3. Take your time and soothe out any bumps and knots.
4. Do each side for several minutes, while taking in deep breathes and enjoying the relaxation.
5. Now have all students sit in a line to form a giant happy sea snake. Each student massages student shoulders in front of her or him.

Main activity 6:

Mindful activity: Deep Breathing



BREATHE ME CALM

1. Ask children to lie down and pretend to be a giant sea octopus.
 2. They have many tentacles and a big belly.
 3. The objective is to breathe so deeply that it inflates the big octopus belly and the breathe goes all the way deep down into every tentacle... making it feel fully and relaxed. Continue for 5-10 deep breaths.
- *Explain that children can use this technique of deep breathing to calm their body whenever they feel upset.

Plenary activity 7: 10 mins

Mindful activity:

Relaxation & Guided Imagery



IMAGINATION ISLAND

1. Close your eyes and take in a nice deep breath. Allow your tummy to fill up like a balloon, and then exhale slowly. Do this five times to really relax your whole body completely. (Pause to be breath.)
2. Your body begins to feel deeply relaxed and sinks down further and further. Your legs begin to feel very heavy. Your arms begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word I say.
3. Now as your body continues to relax, imagine you're a beautiful dragonfly fluttering high in the sky. You see the lovely green valley below you with lots of colourful flowers, just waiting for you to enjoy. You feel the wind blow against your delicate wings. As the wind touches you, it gently blows away any worries and any stress you feel. Feel how wonderful it feels to be so free. Your mind is clear and calm. You are completely peaceful. You are beautiful as you allow your true happiness to shine through.
4. You have learned today that it's okay to have big emotions. You know how to deal with big emotions now, and you know how to deal with any stress you might have in the future. You know you can breathe deeply, count to 5, talk it out with someone you trust, and even exercise your body. All of these things help us keep calm and feeling good. We all experience many emotions every day. There is nothing bad about any emotion.. we just need to realise that we are in control of the emotion and the emotion is not in control of us.
5. As you continue to fly along as a dazzling dragonfly, you notice how the sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it. The earth is a patchwork of colour and you enjoy each moment here, gliding along feeling so joyful and peaceful. You spread your wings far and you stretch. It feels so good. Your body is calm and your mind is peaceful. You are ready for an extraordinary day.
6. Take in a deep breath now and exhale slowly. When you are ready, give your body a big stretch. With a clear, calm mind, say these words to yourself: I am peaceful and I am calm, ready for a wonderful adventure in my day.

Affirmations for the week –

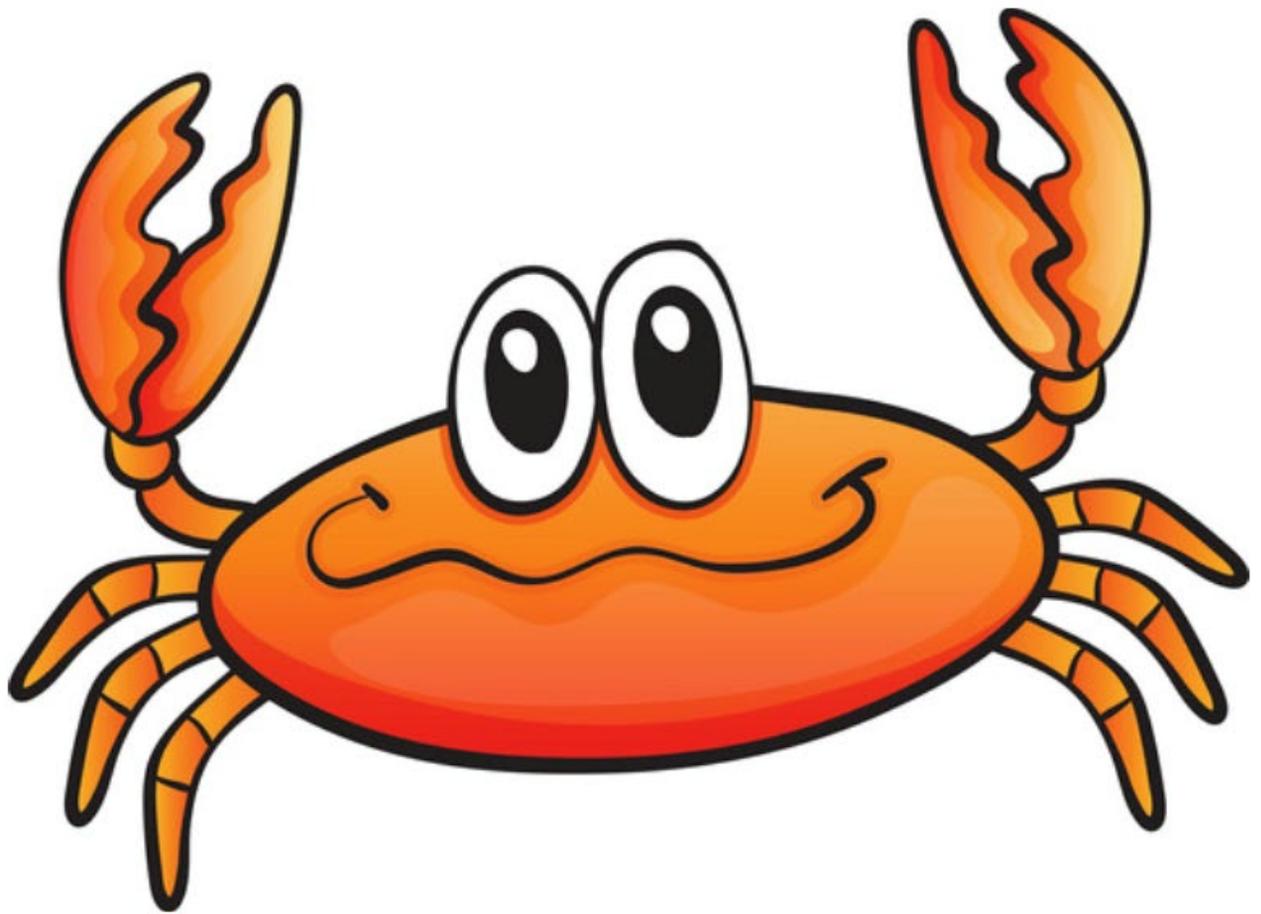
It's okay to have big emotions.

I am always in control of my feelings.

I can calmly tell others how I am feeling.

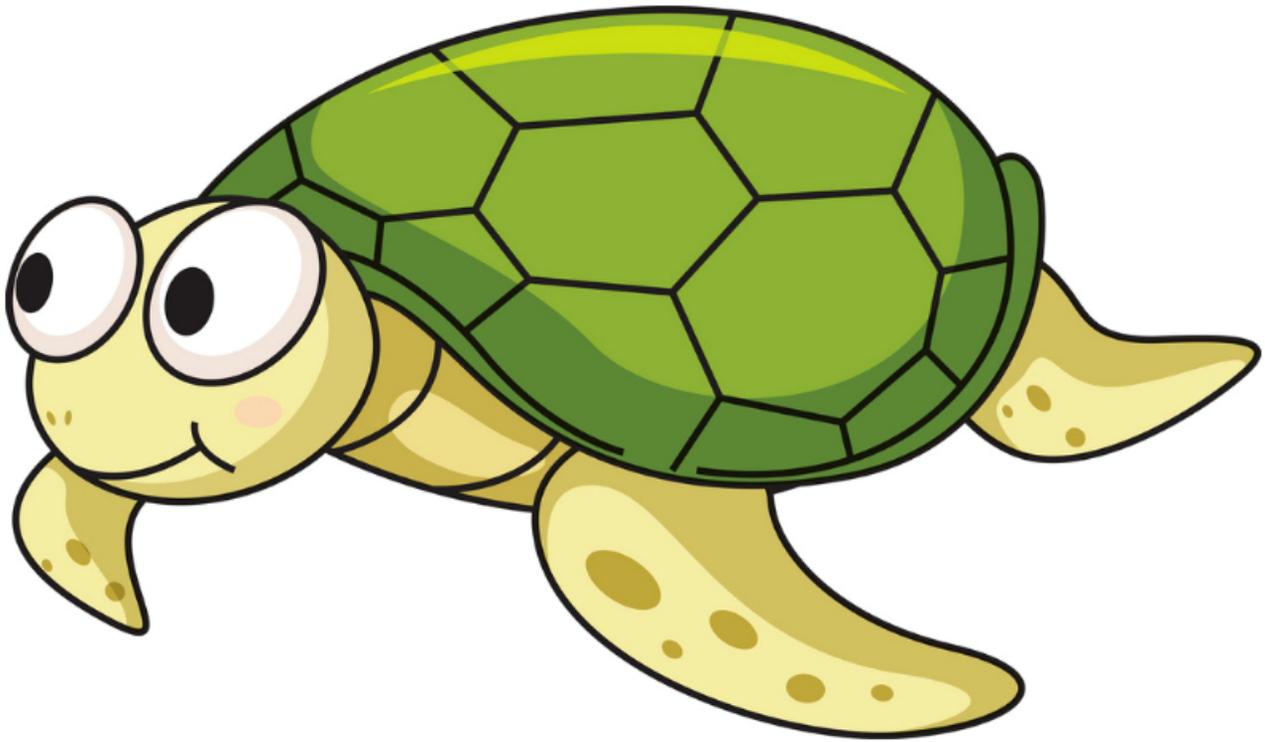
Home learning –

1. Ask children to see how many times this week they can use the new tools they have learned today and be ready to share them next week.



What does a CRAB do when he's mad?

He pinches others - strikes out at them. When some people have big emotions, they strike out at others and can be unkind. That's not the correct way to deal with big emotions.



What does a Sea Turtle do when he has big emotions?

He hides. He doesn't want to see the world or express his frustrations. Is this the best way to deal with big emotions? It's important that we talk about what we feel.



What does Octopus do when she feels big emotions?

She squirts her ink and runs away. She's too shy to tell how she's really feeling. Is this the best way to deal with big emotions? We can face what we're feeling even when it's not easy.

What is the best way to deal with

BIG EMOTIONS?

