

Moving on –
Transitioning to
a New School:
Session 2



Educational Psychology Service



L.O. To be able to develop an emotional toolkit of ideas and coping strategies.

What is mindfulness?

- ▶ This is a technique which can help with combatting worries.
- ▶ Anxieties can be caused by how we think and to be able to cope with any concerns or worries we need to change the negative thoughts into positive ones; by thinking differently and acting differently.
- ▶ With mindfulness we can choose what we will focus on and bring into action and what we will gently let go of.
- ▶ Mindfulness empowers us to make positive choices.



- ▶ Question: What did the wolves represent?
- ▶ Question: What did the elder say we should do with the angry wolf representing the negative thoughts?
- ▶ Question: Who did the elder say she should feed?



▶ [How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg - YouTube](#)

Developing tools for a wellbeing toolkit

Activity 1: Imagining a tranquil, serene place.

Think about a special, tranquil, and serene place where you are at your happiest and most peaceful.

Special safe place (I am)	Emotions (I feel...)
In a magical, crystal cave	Protected by a magic cloak/shield
Under a waterfall	Sprinkled with droplets of love and kindness
In another galaxy	Protected by a guardian angel
Inside a castle or fortress	Warm and cosy
On a desert island	Invincible and guarded
Under the sea	Cared for
On the top of an ice-capped mountain	Wrapped in a loving blanket
Inside a giant bubble	Secure and sheltered
Floating on a cloud	Wrapped in layers of care and kindness
Lying on a sandy beach	Cherished by friends and family/pets
In a shady, woodland glade	Protected by a guardian angel
Bouncing on bubbles	Light as air
Under the starry sky	Anything is possible
In a tent	The dazzling warmth of a million stars
Floating in a turquoise sea	Safe and tranquil

Think/pair/share:
Think of ideas for
your own safe place
and associated
feeling.

Use the ideas sheet or create
your own. 😊

Use the stem sentence below to create your own ideas.

I am (describe place), *feeling*(emotion words).

For example:

'I am in a woodland glade, feeling wrapped in a blanket of love'

'I am in another universe, feeling protected by a guardian angel'.



Art Activity

DESIGN A SKETCH, PAINTING, OR COLLAGE OF YOUR SPECIAL, SAFE PLACE.

Using your senses... In your safe place...

What might you...

See

Hear

Smell

Touch

How might you travel to your tranquil space?

Do you swim? Fly? Ride? What on?

Or is there an object which transports you there?





Visualising your own special place can be used anytime to develop calming/positive thoughts when worries begin to surface.

It is a good coping strategy to have in your wellbeing toolkit.

How does this relate to the Native American mindfulness technique in the animation video?



Plenary:

Optional extension activities/Summer holiday activities:

Write a description of travelling to your special place and explaining what you can see, hear, smell and touch. Describe how you feel and imagine being in the moment.

Take a photo of your artwork and print it onto a keyring, pencil case or keep a copy in your planner/journal.