

## Relax Kids Themes 2021-2022

### **Autumn 1:**

- Monster emotion adventures
  - Exploring big monster feelings, including sad, angry, worry and scared monster.
- Half term special focus
  - Emotional awareness, tools for self-regulation, teaching about the brain to aid understanding of the amygdala (meerkat brain), prefrontal cortex (owl brain), hippocampus (elephant brain) and vagus nerve (octopus brain).
- Mini theme – Autumn adventures
  - Special focus – the power of mindfulness, using the 5 senses to aid our wellbeing.
  - Feel/massage focus.

### **Autumn 2:**

- Wizard adventures
  - Positivity potions. calm potions and gratitude potions etc.
- Half term special focus
  - Using imagination and creativity to aid relaxation and wellbeing.
  - Power of positive thinking/gratitude.
- Mini theme – Elf esteem adventures
  - Special focus – kindness, self-esteem, affirmations and confidence.

### **Spring 1:**

- Genius genie classes
  - Link to Aladdin theme
- Half term special focus
  - Growth mindset activities, self-esteem building, resilience, confidence building and affirmations.
- Mini theme – Valentines
  - Self-love, calm breathing hearts and breathing for calm and wellbeing.
- Mini theme – Children's mental health week
  - "Growing together" – support network/emotional growth

### **Spring 2:**

- Showman/showgirl adventures
  - Circus themed.
- Mini theme – British science week
  - Growing
  - Neuroplasticity/emotional growth
- Half term special focus
  - Strengthening our pre-frontal cortex (owl brain), improving our focus, attention and listening skills.
  - Being more "ready to learn".
  - Special focus on breathing exercises for calm and focus.
  - Exploring the power of movement and stretching exercises and looking at how they aid our wellbeing.
  - Developing a deeper awareness of the clues our bodies give us to tell us how we're feeling, e.g. hungry, tired, excited, worried, calm.
  - Focus on bodily awareness/sensations.