

This activity to be led by the class teacher.

Whilst gentle music is playing, take some time to colour in and decorate the word calm. Use colours, doodles and drawings that name you feel calm. Once you have finished colouring, stare at your picture and see how calm it makes you feel. Once you have spent some time staring at your picture, I would like you to close your eyes and visualise your picture the size of a postage stamp. Just like magic your picture is now in your mind and you can think about your picture anytime you feel worried or need to feel calmer.

CALM