

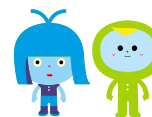


COPING SKILLS

L1 RESOURCES

Blank face template

Y5



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME





COPING SKILLS

L2 RESOURCES

Relaxation and mindfulness exercise script for kids

Y5



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME



Introducing mindfulness and relaxation into your classroom helps improve student's retention, concentration and memory. (To be said in a soft relaxed voice)

- Begin by settling into a comfortable posture.
- Close your eyes softly.
- Clear the mind and focus on your breathing
- Gently gather all your attention into the centre of your body.
- Focus solely on your own body, your breathing and your own positive thoughts.
- Ignore any thoughts about the outside world
- Allow the outside world to gradually melt away and dissolve into empty space.
- Begin by bringing your attention to the area around the top of your head and gradually work down through your body to the tips of your toes relaxing every part of the body on the way.
- Focus on the top of your head. Imagine that any tension is dissolving away
- Then focus on the temples and forehead, imagining any tension headache or pain has gone and it feels soft and squidgy and really relaxed
- Scrunch your face up tight, then let it go and feel all the tension drain out
- All the tension in your head drains down through your body into the ground
- Then imagine the tension in your jaw and ears gradually melts away – your jaw drops and your ears are drawn to the ground. Your body feels soft and jelly like
- Pause for a short while and then think to yourself my head is now comfortable and relaxed.
- Then gently work your way down the body relaxing each part and letting the tension drain away
- Focus on your neck and shoulders, feel them relax and go soft. Your shoulders melt into the ground or surface they are resting on.
- Relax the shoulders even more by lifting them up gently and as they drop, imagine all the tension dissolving down into the ground, do this several times.
- Really feel the body relaxing, feel the surface underneath you supporting you and taking away any troubles or thoughts.
- Think to yourself you are happy, safe and supported
- Think to yourself... my neck and shoulders are now comfortable and relaxed.
- Relax your arms and hands imagining all the tension in these areas drains out of your fingertips and far into the distance.
- You now feel as light as a feather
- Focus now on the back and bring your mind to the top of the spine focusing on any area of tension that may have built up around the spine. Place your mind on these areas of tension and allow the knots to unravel as you focus on them and the tension dissolves down your spine out through the soles of your feet, into the ground.
- Mentally work your way down the spine, slowly relaxing and unravelling any knots you feel or stress that may have built up. As your attention reaches the base of the spine, think to yourself now my back is comfortable and relaxed. I'm supported by the ground or surface beneath me and it feels very comfortable
- Bring your attention to the front of your body, focus on the chest area and stomach
- Then think to yourself, now my chest and stomach are comfortable and relaxed.
- Then we focus then on our legs and feet, imagining any tension in these areas drains away, disappearing out of the soles of the feet – leaving you feeling comfortable and relaxed.
- Gradually scan down from the top of your head to the tips of your feet, checking to see if there is any tension left in your body. If you find any, then just tell it go away because you can and you are in control of being relaxed in your whole body
- Imagine all the tension drains out of our body and just enjoy this experience of relaxation.
- Think to yourself my entire body is comfortable and relaxed and I am in control, happy and at peace.
- Gradually bring your relaxation to a close, by becoming aware of your body, and position in the room.
- Gently open your eyes.
- Stay relaxed on the floor with your eyes open and when you can, sit up slowly and take four long deep breaths – breathing in the lovely memory of relaxing and holding onto how you feel

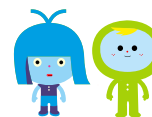


COPING SKILLS

L3 RESOURCES

Change Your Words, Change Your Mindset

Y5



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

This is done well enough.

Does this represent my best work?

I don't do it well.

What am I missing?

I can't do it.

I am going to train myself to do it.

I will never do it like they do.

What can I learn from them?

I do this very well.

I'm on the right path

I made a mistake.

Mistakes help me to learn better.

It's too hard.

I need more time and effort.

It can't be better.

What can I improve?

I give up.

I am going to use the strategies that I learned.



COPING SKILLS

L3 RESOURCES

Growth min-dset children's example

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LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

GROWTH MINDSET vs FIXED MINDSET

SUCCESS



FRUSTRATION

1. I can learn anything I want to learn.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT



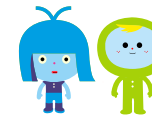
LEARNED HELPLESSNESS



COPING SKILLS

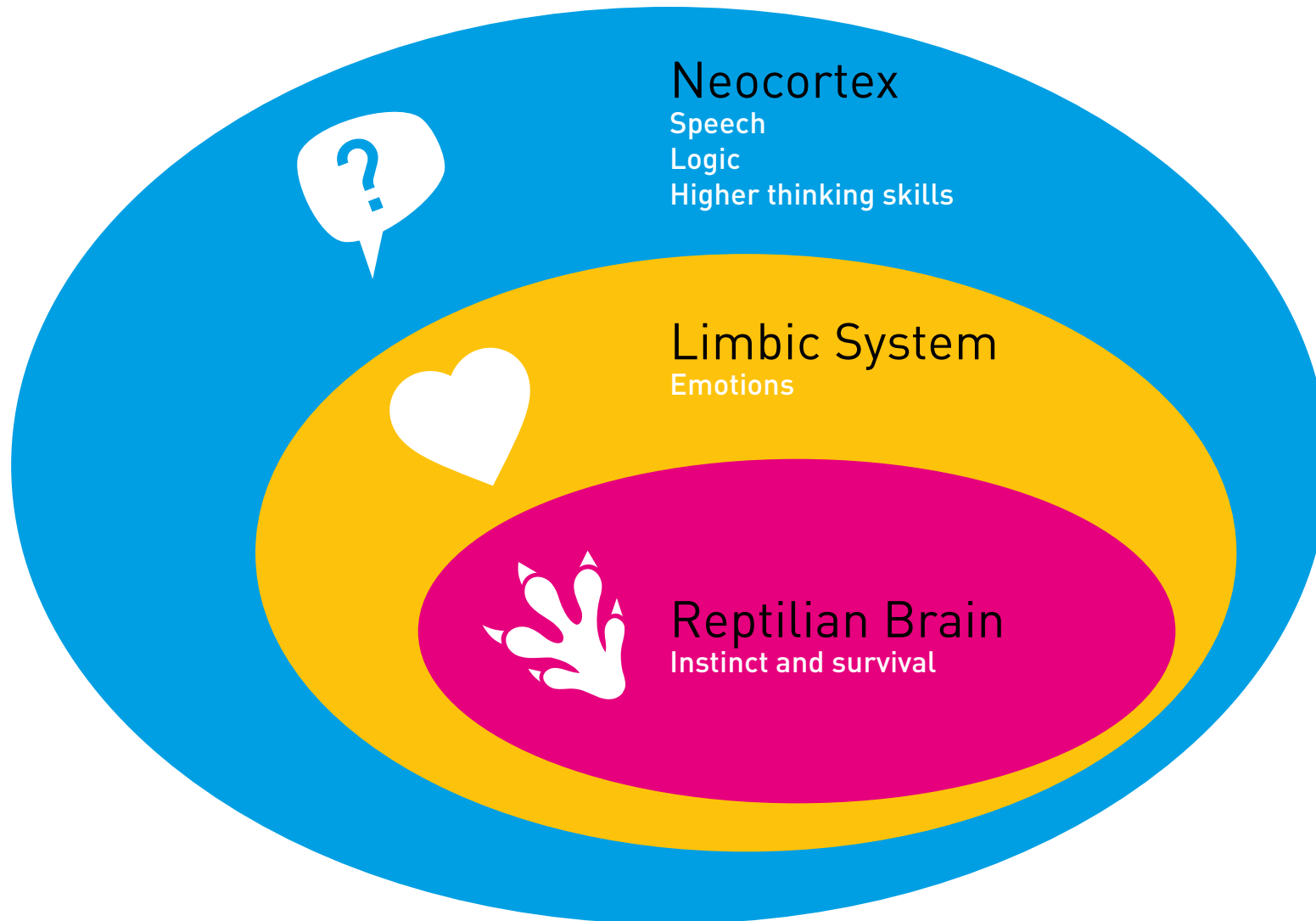
L4 RESOURCES
3 brains

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LAUGHOLGY

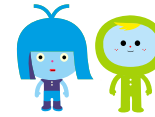




COPING SKILLS

RESOURCES
Award leaves

Y5



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

This leaf has been presented to

for understanding what it
means to cope

This leaf has been presented to

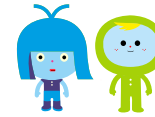
for understanding what it
means to cope



COPING SKILLS

RESOURCES
Award leaves

Y5



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This leaf has been presented to

for understanding the coping
skills they could use in school

This leaf has been presented to

for understanding the coping
skills they could use in school



COPING SKILLS

RESOURCES
Award leaves

Y5



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This leaf has been presented to

for understanding coping skills
to use outside school

This leaf has been presented to

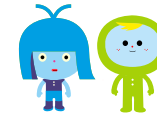
for understanding coping skills
to use outside school



COPING SKILLS

RESOURCES
Award leaves

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LAUGHOLOGY
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LAUGHOLOGY

This leaf has been presented to
for helping others to cope

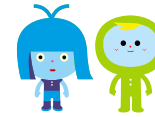
This leaf has been presented to
for showing determination



COPING SKILLS

RESOURCES
Award leaves

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LAUGHOLOGY
HAPPY-CENTRED
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LAUGHOLOGY

This leaf has been presented to

for being able to create
a coping plan

This leaf has been presented to

for understanding how to use
positive skills to cope



COPING SKILLS

RESOURCES
Award leaves

Y5



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

