



Keeping Calm and Chilling Out!

It's been a long time since we have been all together at school – just one week less than the summer holiday! Although your teachers have been talking to you and you have adults at home taking care of you, you might still be feeling lots of different emotions that you would some support to manage.

We have found some ideas of things you can do to help if you are feeling a bit anxious, frightened or angry about what's going on at the moment – or even if you're just a bit confused all round! This week we are going to look at ways to keep calm.

Keeping Calm

Everyone who has spent time in the Kaleidoscope Room will remember how important it is to take a moment to pause and breathe when you're feeling anxious. Rosita from Sesame Street shows you just how to do it. Follow the link to join in with her Belly Breathing: www.sesamestreet.org/caring



Another really good place to go if you feel frightened or worried is ChildLine's Calm Zone. There are some really great activities here – I really love the 'Calm Aid Kit' and 'Let it Go Box'. www.childline.org.uk/toolbox/calm-zone/

CALM ZONE

There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this page

- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Play games
- Ways to cope videos



ChildLine can help you with any problem at any time of day. Whatever your worry, it's better out than in! You can talk to someone at ChildLine by calling **0800 1111**. If you would rather talk to someone at school you can message your teacher using Remind or call the school on **01234 851011**.

