

CALM ME

It is important for us to be able to control our minds.

Our minds are often very busy and when we are thinking of lots of different things, it can become difficult to learn and concentrate.

Controlling our minds just takes practise and we can all do it.



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CALM ME

Sit with your hands loosely in your lap and close your eyes or fix your gaze on something in front of you and try and avoid distractions.

Listen... until you can no longer hear the sound.



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CALM ME

Think about your breathing as we strike the chime again.
Breathe in through your nose and out through your mouth.
Slow your breathing down and try and focus just on this.
Your mind is usually very active, always thinking,
so keep trying to focus on breathing in and out.

Listen again until you can no longer hear the sound.
Say in your head, 'I appreciate my life.'



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OPEN MY MIND

Have a look at the pictures of global issues...
What can you remember from what we spoke
about last week?
How do they make you feel?



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TELL ME OR SHOW ME

Watch these videos of different charities.

What other charities do you know which may help people who are suffering or in need?

Have you ever supported a charity?

How do you think it might feel to take part in fundraising money for a charity?

What ideas have you got for how we could raise money?



LET ME LEARN

You need to work in groups to organise and plan a way in which you could raise money for your chosen charity.

You need to think about what idea you are going to do, roles for each person and the materials that you need to carry it out.





HELP ME REFLECT

Show thumbs up, middle
or down for these statements if you feel you have
achieved them from our lesson today.

1) I can work with other people to help make the world a
better place

2) I can empathise with people who are suffering

3) I understand how I could help them

