



C.O.M.P.A.S.S

CREATING OPPORTUNITIES TO MAXIMISE PERSONAL AND SOCIAL SKILLS

We are delighted that our COMPASS network continues to grow and a number of new schools joined us this term including Great Hockham Primary School and Nursery, Burston Primary School and Tivetshall Primary School.

COMPASS remains a network of like-minded schools working together to share good practice in supporting pupils with all aspects of social, emotional and mental-health wellbeing. Key areas include: resilience, self-esteem, behaviour, self-efficacy, emotional awareness, bereavement support and social skills development.

Within schools, COMPASS is implemented in a variety of different ways, so please speak to your child’s class teacher or SENCo if you would like to know more about how COMPASS is running in your school.



FEELING FOCUS... EXCITED!!!

Feeling excited can be a great feeling. It usually happens when children are really, really, really looking forward to something or really, really enjoying something... If your child is feeling excited they could try:

- ☺ Drawing a picture of what they think their excitement looks like (if they can stay still for long enough!)
- ☺ Doing an ‘excitement dance’ using just one part of their body (e.g. their hands) or their whole body.
- ☺ Ask them to think about what their body feels like inside – does their tummy feel more like there are butterflies, fireworks or popping bubbles inside?
- ☺ Get active – encourage them to do star-jumps, jump and reach for the sky, shuttle-run, skip or hop around the room.
- ☺ If they are becoming too excited, support them to focus on their breathing. Ask them to lie down and place a cuddly-toy on their tummy and let them watch it move as they slowly breathe in and out. Encourage them to breathe in slowly for a count of 4 then breathe out slowly for a count of 5, as if blowing up an imaginary balloon.

Why not try... A NEW YEAR’S EVE WISHING WALL



“I had been trying to find a simple and meaningful activity for New Year’s Eve that we could all do together as a family. When I came across an article on a wishing wall in Times Square, I was inspired to create our own wishing wall at home - the perfect activity for all ages! It’s a great way to focus on setting goals, as well as encouraging children to think of others.”

In the lead-up to New Year’s Eve, as you think up wishes for the new year (either for you, your family or the world itself), just write them or draw them on a little piece of paper (coloured post-it notes are perfect), and place them on your wishing wall. Choose a time to look through them together as a family and talk about your hopes and wishes for the future.



Adapted from: www.buggyandbuddy.com



♡♡♡ WE LOVE... COSMIC KIDS YOGA ♡♡♡

Check out www.cosmickids.com for some fantastic yoga, mindfulness and relaxation activities, free on You Tube. Our favourites include: Frozen, The Very Hungry Caterpillar, Harry Potter, We're Going on a Bear Hunt and Betsy the Banana!



Christmas Meditation for kids

Adapted from www.teachchildrenmeditation.com/christmas-meditation-for-kids

It is the season to be jolly (so they say!) but the festive period can be quite stressful for kids as well as the adults. You see kids pick up on the stress of the adults around them (parents and teachers) and it then becomes a vicious cycle... the more frustrated you get with the kids, the more they feel and react to your stress levels. Here are a few ideas on how to have a more mindful Christmas...

Food we eat - We eat such a lot at Christmas and often many sweet and sugary things. Guide your kids to enjoy chocolate or a sweetie more mindfully – talk about how the sugar canes grew with the help of the earth, the sunshine and the rain so they could make this candy. Show them pictures of sugar canes and cocoa beans to help them understand where they came from. Get them to write a list of their favourite foods and then for each one to notice how it makes them feel. Does their body feel happy or sad when they eat this? Perhaps help them draw an outline of their body and they can draw these sad/happy faces around their body (or use pre-drawn stickers). Remember to engage their help in setting the table and clearing up!!! This can be a great opportunity to reflect on the amount of preparation needed for a big family meal or even just time for a casual chat.

Santa list - Kids are encouraged to write to Santa for all the presents they want. This time, ask them to write a list for someone else – choosing one person and writing down a gift, feeling, thought or even a colour that they would like to share with that person. If they can articulate a specific gift, they can do that but they have to explain why they would like that person to have it. The adults should join in with this 'mindful game' too. Take a moment to count all the toys they have already – encourage them to notice the breath as they do this so that they don't get too excited. Then for a mindful minute, they could sit down and notice how all these toys make them feel.

Snowball hearts - Get some white paper and a cup and draw lots of circles. Help them to cut out the white circles and each one is a snowball. In the snowball they can draw a heart and a word or picture that they would like to give to someone. If you're feeling brave you could let them throw them all up in the air and reflect on these feelings as they float to the ground, or study one snowball carefully as it floats to the ground.

Meditation – Christmas Tree of Light - Guide your children to imagine that they are sitting next to a huge Christmas tree or perhaps sit next to a real one! The tree has lots of coloured lights – each one is a feeling or colour that they can give to someone to make them smile. Ask them to imagine giving that coloured light to a person they know and how happy this makes them feel. Help them to just sit and be still for a moment of calm.

Meditation – Winter Wonderland - Ask them to go on an imaginary, magical sleigh-ride through a snowy landscape. Get them to imagine the speed of the sleigh, the cold air, the snowflakes falling and the sound of the reindeer bells. It's a starry night and they are off through this winter wonderland, feeling happy and having fun!

Christmas Family Talk Points

What gift would you give to Father Christmas?

Would you rather spend a day: looking after Rudolph the reindeer, building toys with the elves, granting wishes with the fairy on top of the tree, going on a snowy adventure with Frosty the snowman or baking treats with Mrs Claus?

What would it be like if it really could be Christmas every day? 🎵 🎵 🎵 🎵

Describe your perfect Christmas.... Think about the sights, smells, tastes and sounds. What are the most important parts of Christmas to you?

**Have a very merry
Christmas and a
happy 2019!**

