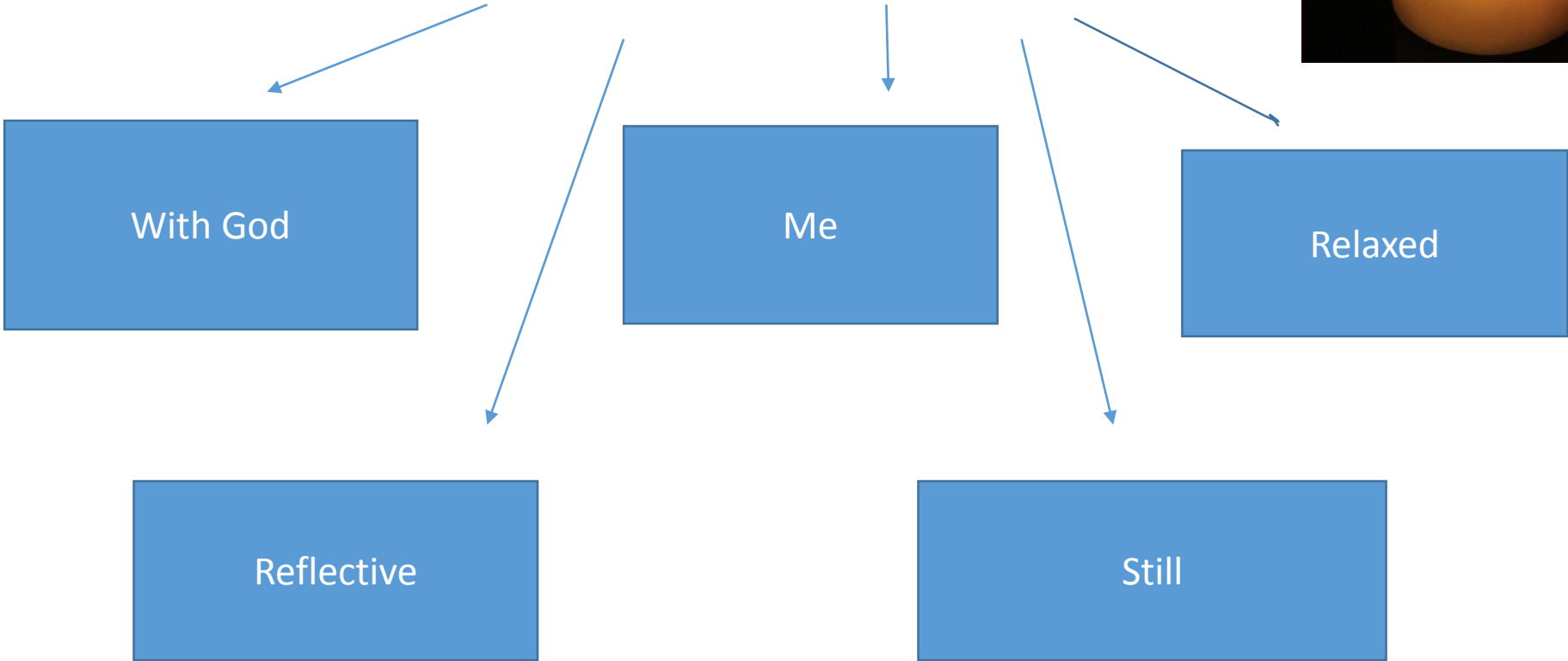


A Time to be.....



“When *little people*
are overwhelmed by
big emotions, it’s
our job to share our
calm, not join their
chaos.”

-L.R. KNOST

The Gottman Institute

Anxiety disorders

- 1 in 10 young people will experience an anxiety condition before the age of 16 years
- Interferes with school, family and social life
- Often unrecognised and untreated
- Symptoms vary in severity from mild uneasiness to terrifying panic attacks
- **Between the pressures of school and peers and popular culture and any extra-curricular activities a child may have, we do not always appreciate that a child's life can be every bit as stressful as our own.**

A bit of anxiety can help us deal with difficult times, it might help us to do things better, in a school play or in a test for example. But once the difficult situation is over, we should always feel better and calm down.

But if the feeling of fear and panic stays or even gets stronger, that's when anxiety can become a problem and can really affect everyday life.

- Feeling frightened, nervous or panicky all the time
- Tired and irritable
- Upset or angry outbursts
- Tearful or clingy
- Getting down or depressed
- Difficulty sleeping or bad dreams
- Not wanting to eat very much
- Not being able to concentrate
- Heart feels like it's racing
- Dry mouth
- Trembling
- Feeling faint
- Stomach ache and/or diarrhoea

At Home..

- Practising relaxation exercises daily helps children learn how to relax and calm themselves. To begin with, it is best to practise when there is no distress. Encourage your child to practise at least once a day and when there is little chance of interruption or distraction. Once they have learned the exercises, they can be encouraged to use the techniques when they are feeling stressed or anxious.



At Old Sodbury..

- We are changing the structure of our mornings and moving collective worship, whenever possible to the afternoon at 2.50pm. This gives us an extended morning.
- We will hold two “Time to be..” sessions at school. One straight after registration and one straight after lunch time play.

What we will do...

- Each session will start with the lighting of a candle in each classroom. This will remind the children of Gods love for them.
- Relaxing music will be played
- Children will encouraged to trace around the fingers of their hands whilst breathing deeply.
- Children will be encouraged to clench and relax different muscles in the body.
- Each session will finish with a prayer.
- Dear God,
thank you that I am special to you.
Thank you that there is nobody else exactly the same as me. I am unique.
That makes me feel good about myself.
Amen.

- We are also going to use some of the techniques during the day, encouraging the children to breathe deeply and trace the fingers on their hands when they are feeling stressed and worried.
- Teachers may play relaxing music in the classroom during other times of the school day if appropriate.
- The school also has a wonderful reflection room where children can go during the school day if they need further time.

