

Monday

Good Morning,

how are you
today?



Task:

What was your favourite
part of the weekend?
Write or draw!



Affirmation:

I can do brave things.

**Kindness
Challenge:**

Ask someone new
to play a game
today.

**Today's Calm
Top Tip:**



**Flower
Breathing**

Make a fist with your hand.

Slowly open your fingers like
a flower opening its petals whilst
slowly breathing out.

Pause to hold your breath, 1... 2... 3...

Slowly make a fist like a flower
closing its petals whilst slowly
breathing in.

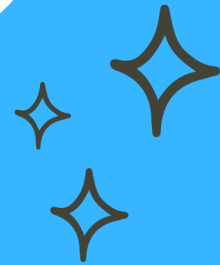
Do this until you feel calm.



Tuesday

Good Morning,

how are you
today?



Affirmation:

I am important.

Task:

Can you draw your dream
house?



**Kindness
Challenge:**

Make some smile
today by telling
your best joke!



**Today's Calm
Top Tip:**

**Lemon
Squeeze**

Wrap your arms around your body
like you are giving yourself a hug.

Squeeze your whole body like a
lemon!

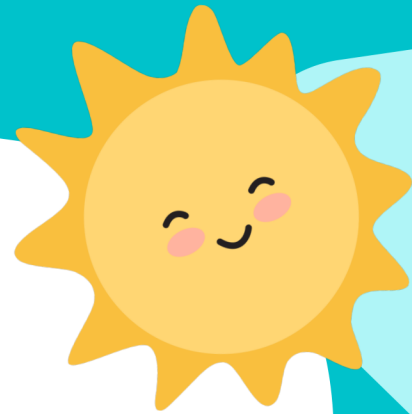
Don't forget to scrunch up and
squeeze your face too!

Release your whole body and notice
your body feel heavy and relaxed.



Wednesday

Good Morning,



how are you today?

Affirmation:

I am a good friend.

Task:

Write or draw as many different emotions that you can think of.



Kindness Challenge:

Help a friend today!

Today's Calm Top Tip:

Describe It

Describe your FAVOURITE object in detail.

What colour is it?

What texture does it have?

How does it feel?

How heavy is it?

How big is it?



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Thursday

Good Morning,

how are you today?

Affirmation:

I am thankful for everything I have.

Task:

Write or draw one thing that has made you smile so far this week.



Kindness Challenge:

Hold the door for someone!



Today's Calm Top Tip:

Yoga Pose: Sunshine Pose

Let's bring our bodies into the Sunshine Pose. Stand with your feet wide apart like you are avoiding a muddy puddle.

To help steady yourself, place your arms out to the side of your body creating a star shape. Hold this for a minute to take a deep breath.

Close your eyes and imagine the warm sun on your face. Gently sway your arms like sun rays glistening down. Bring your body back to a relaxed standing position.



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Friday

Good Morning,



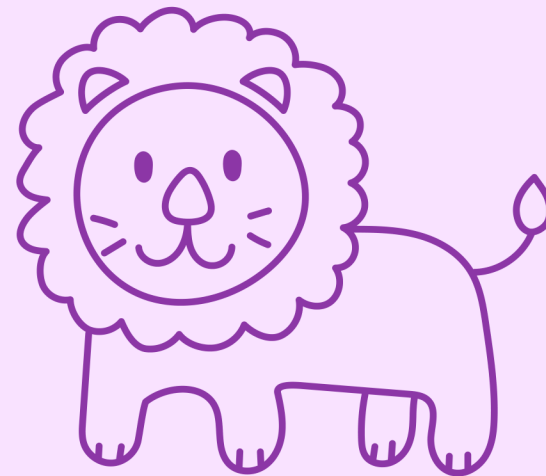
how are you
today?

Affirmation:

I am resilient.

Task:

Can you draw your
favourite animal?



**Kindness
Challenge:**

Say something
nice to a friend
today!



**Today's Calm
Top Tip:**

**Hot Chocolate
Breathing**

Imagine you are holding a warm
drink.

Breathe in slowly through your nose
to smell the drink.

Pause to hold your breath,
1... 2... 3...

before breathing out slowly with
your mouth to cool down your warm
drink.



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