



My Calm Space

Lesson Presentation

My Calm Space



How Do You Feel?

We are going to start by thinking about how we are feeling.

Take some time now to really focus on how you feel.

Now can you explain to your partner how you feel?
Can you try to think about why you feel like this?



I feel really excited because after school I am going to my friend's house.

I feel fine. I've had a good day so far.

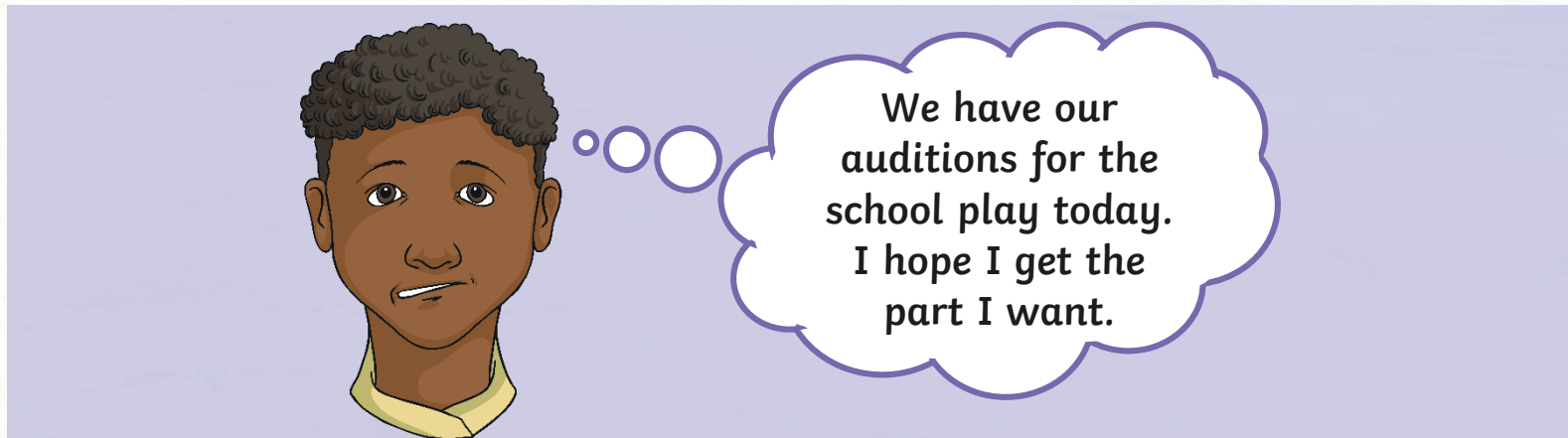
I feel upset because I've had an argument with my friend.



Understanding Our Thoughts and Feelings

There are lots of things about our day that will make us feel very happy and there might be some things that happen that make us worry.

Take some time to think about what makes you worry.



How do you think this thought will make the person thinking it feel?

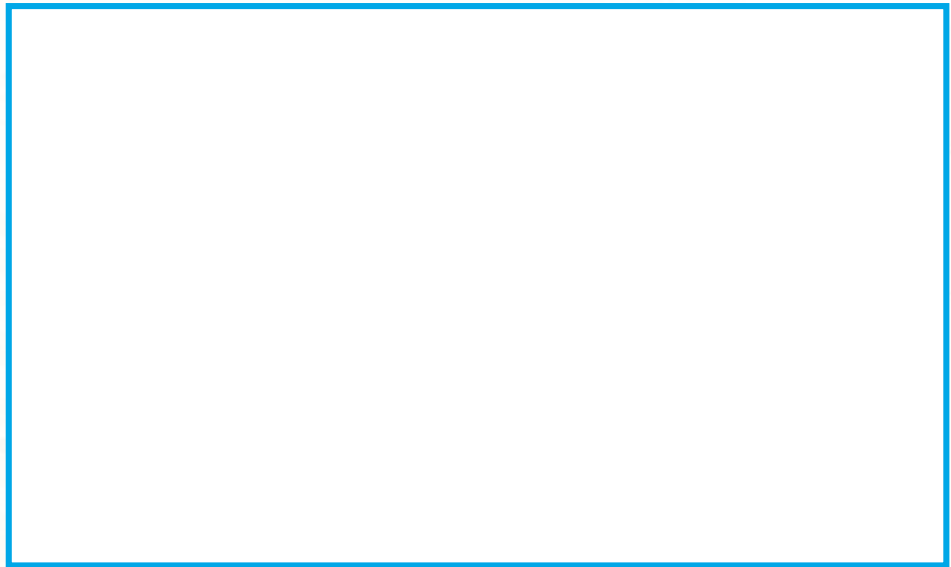
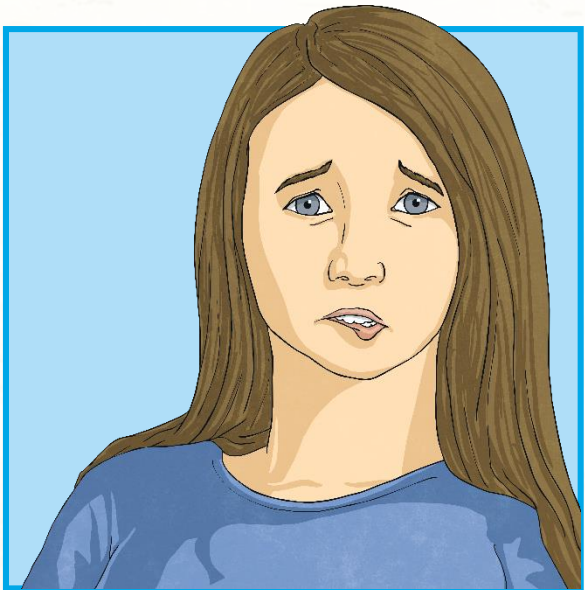
What emotion will they experience that is connected to this thought?

Understanding Our Thoughts and Feelings

People worry about all sorts of different things and this is very normal.

What worries one person might be very different from what worries someone else.

If we are worried about something, how do we feel?



Understanding Our Thoughts and Feelings

If we feel worried about something, we might:

- find it difficult to focus on anything else;
- become withdrawn;
- feel queasy, faint or dizzy.



There are a number of different things we can do to help.
We could:

- breathe deeply;
- try some mindfulness;
- imagine we are in a place that makes us feel very calm, this is our 'calm space'.



My Calm Space

What does '**calm space**' mean to you?

We can use this term to talk about a place that makes us feel calm and secure, a place where we feel in control. This might be somewhere you have been and had a really enjoyable time.

Take a moment to imagine somewhere you have been, somewhere where you felt happy and calm.



Where did you go?

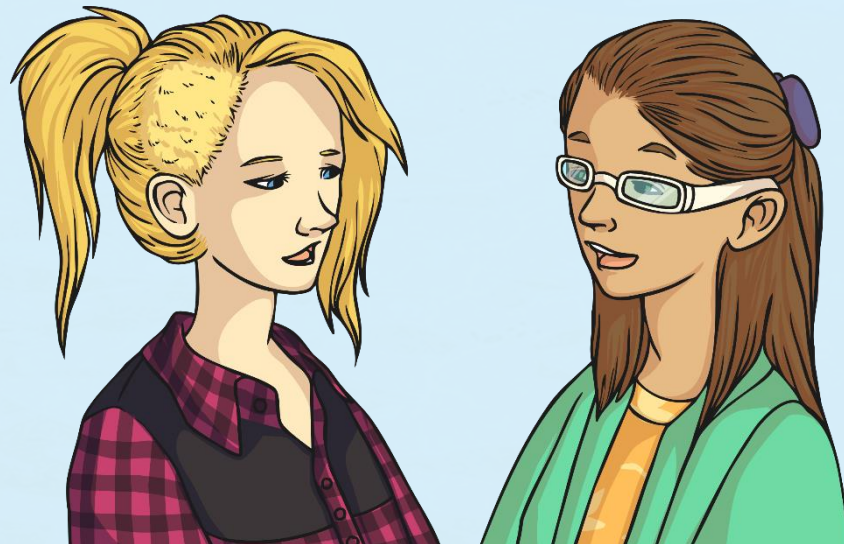
My Calm Space

Can you describe your calm space to your partner?

Try to include as much detail as you can.

Talk about:

- what you can see;
- what you can hear;
- what it feels like;
- who you are with.



My Calm Space

Now we will take some time to each imagine we are in our calm space. This time can you concentrate on how you feel?

What feelings are you experiencing?

happy

tranquil

cheerful

calm

peaceful

on top of things

in control

serene

at home

satisfied

composed

mellow

content

settled

How Can Our Calm Space Help Us?

Our calm space can be very helpful to us when we are feeling worried.

When we are worried, we might feel that we are not in control of a situation. We might feel preoccupied and find it difficult to concentrate.

Our calm space allows us to focus on feeling positive. It can allow us to regain control and maintain a sense of calm.

Try imagining your calm space next time you worry about something and see how it affects your feelings.





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