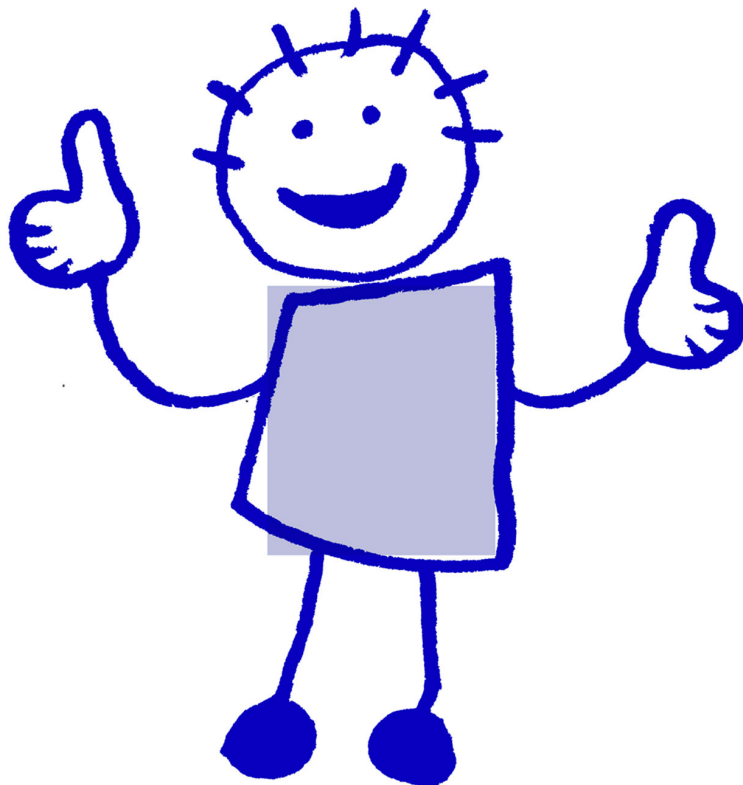


## #WholeClassHappy

All children need to feel safe before they can learn.

Here are some easy, practical, whole class grounding ideas to use regularly on a daily basis to create a safer, happier classroom environment for everyone - including you!



**FREE Download Also Available**

'What Survival Looks Like In School' to recognise what children & teens look like in Flight/Fight/Freeze/Submit with specific grounding ideas to re-engage child and encourage learning.  
Visit [www.innerworldwork.co.uk](http://www.innerworldwork.co.uk)

# Get Safe, Be Happy, Learn More!

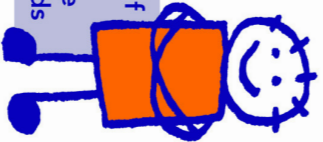
#WholeClassHappy



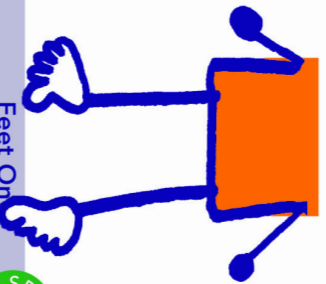
**Balance a ping pong ball on your lips!**  
Breathe in through your nose and blow out through your mouth to see how long you can keep your ping pong ball in the air for.



**Press your palms together and hold for 10 seconds**



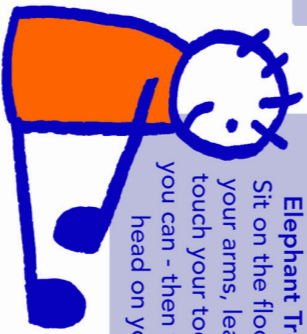
**Give yourself a big hug and squeeze for 10 seconds**



**Feet On The Floor**  
Literally get grounded!



Take your shoes off as soon as you enter the class, leave them off until you have to go out again.



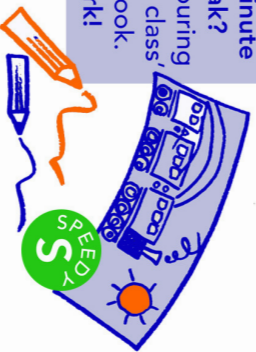
**Elephant Trunk Stretch**  
Sit on the floor. Stretching your arms, lean forward to touch your toes or as far as you can - then try to put your head on your knees!



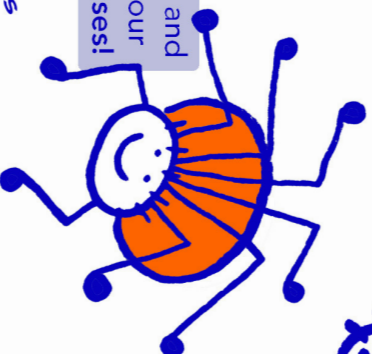
**Link hands & press down on your head for 10 seconds**



**Need a 1 minute brain break?**  
Spend it colouring in the 'whole class' colouring book.  
**Team work!**



**Take a walk and show me your Spidey Senses!**



Soft Fabrics  
Stress Balls  
Chew Toys  
Fiddle Toys  
Putty



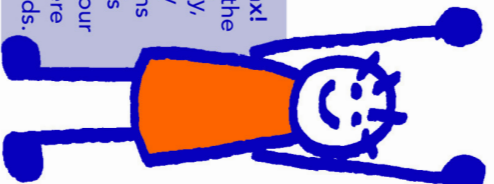
**Squish, Squash, Relax**  
after a break or lunchtime to get bodies relaxed and learning brains ready!

**EMERGENCY BRAIN BREAK!**

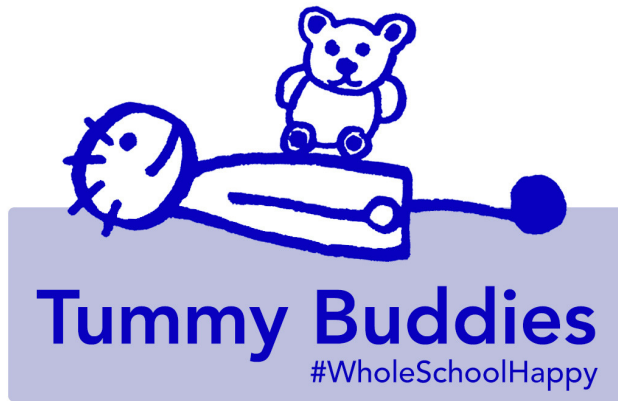
1. March around the playground once moving your whole body
2. On the way back in to your class, tell your teacher your name
3. Carry on with your task!



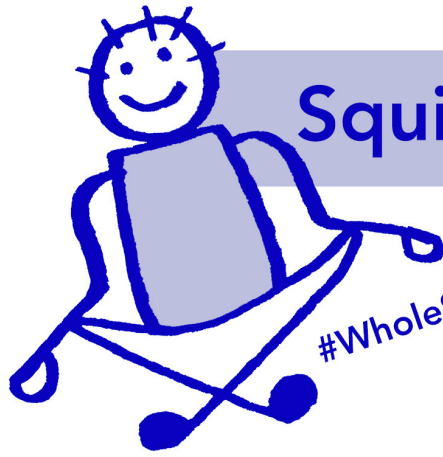
**Stretch & Relax!**  
Reach high for the sky then slowly, slowly, slowly bring your arms down towards floor towards your toes. Relax there for a few seconds.



**Calm the body and engage the mind with Tummy Buddies**



1. Choose a soft toy that you can balance on your tummy and ask your teacher to put on some gentle music
2. Take your shoes off and lie down so you are comfortable
3. Put the toy on your belly
4. Breathe in: While your teacher counts to three, breathe in through your nose so your tummy gets big and your toy goes up in the air.
5. Breathe out: While your teacher counts to 4 breath out through your mouth so your tummy sinks and your toy sinks down.
6. Repeat this 10 times, can you rock your tummy buddy to sleep so they feel completely safe, calm and relaxed?



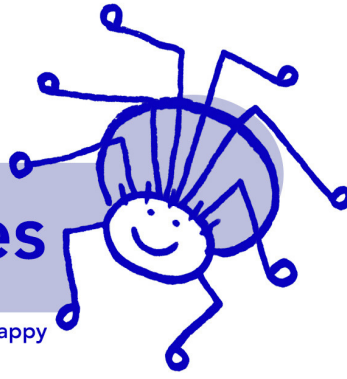
# Squish, Squash, Relax

#WholeSchoolHappy

1. Take your shoes off and sit or lie down so you are comfortable  
**Relax**
2. Close your eyes
3. Squish and squash your toes and feet  
**Relax**
4. Squish & squash your leg muscles  
**Relax**
5. Squish & squash your bottom muscles  
**Relax**
6. Squish & squash your tummy muscles  
**Relax**
7. Squish & squash your chest muscles  
**Relax**
8. Squish & squash your hands  
**Relax**
9. Squish & squash your arms muscles  
**Relax**
10. Squish & squash your shoulders  
**Relax**
11. Squish & squash your face muscles  
**Relax**
12. Squish & squash your whole body

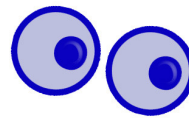
# Spidey Senses

#WholeClassHappy



**Go for a whole class 5 minute walk**  
around the school, the playground or even just the classroom!

**What can  
you see?**



**What can  
you smell?**



**What can  
you hear?**



**What can  
you feel?**



**When your walk is finished, talk as a  
class about how you experienced your walk!**



[www.innerworldwork.co.uk](http://www.innerworldwork.co.uk)  
**InnerWorld  
Work**

Shhhhhhhhh

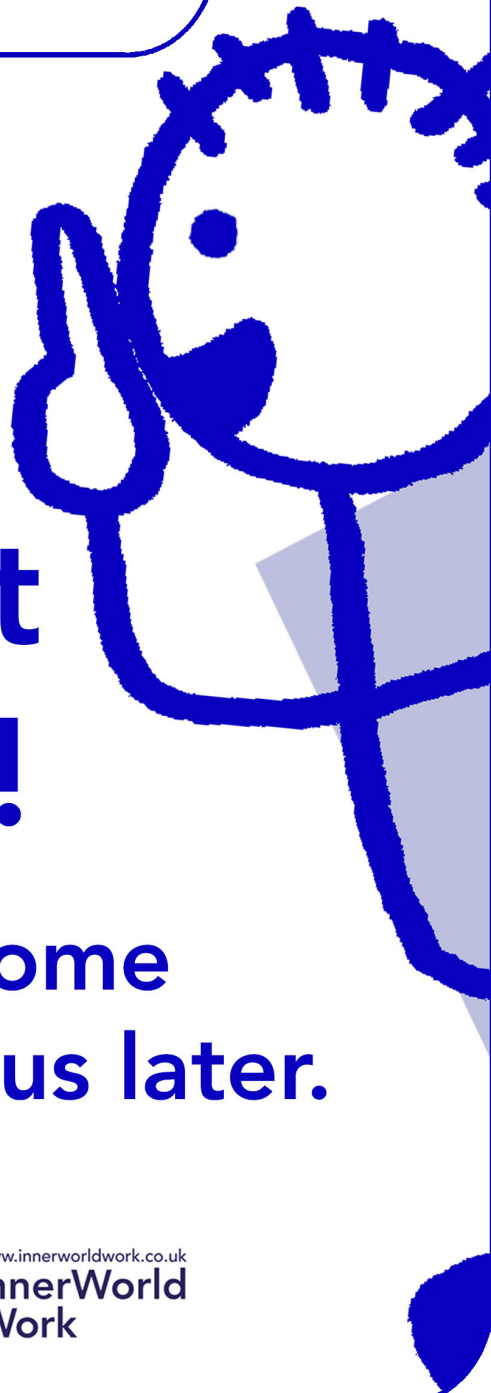
#WholeClassHappy

It's  
Quiet  
Time!

Please come  
and see us later.



[www.innerworldwork.co.uk](http://www.innerworldwork.co.uk)  
InnerWorld  
Work



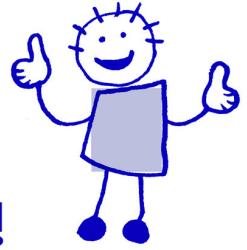
# Transition Cards

Do you have students who worry about permanency/abandonment?  
Print out and give these to your whole class on a Friday. #WholeSchoolHappy

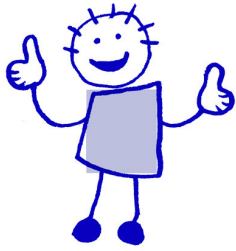
Looking  
forward to  
seeing you  
on Monday!



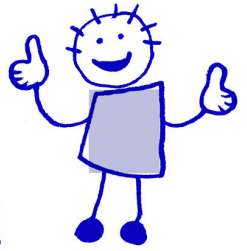
Looking  
forward to  
seeing you  
on Monday!



Looking  
forward to  
seeing you  
on Monday!



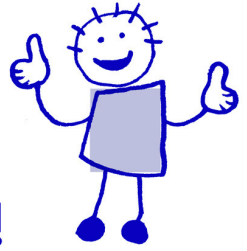
Looking  
forward to  
seeing you  
on Monday!



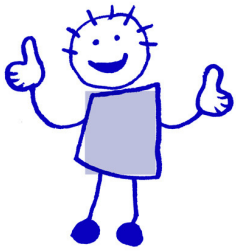
Looking  
forward to  
seeing you  
on Monday!



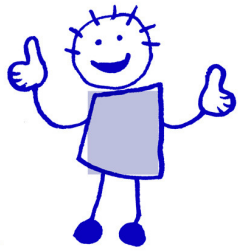
Looking  
forward to  
seeing you  
on Monday!



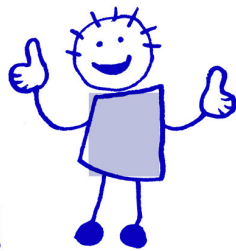
Looking  
forward to  
seeing you  
on Monday!



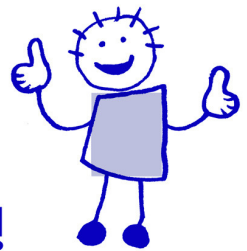
Looking  
forward to  
seeing you  
on Monday!



Looking  
forward to  
seeing you  
on Monday!



Looking  
forward to  
seeing you  
on Monday!



# Transition Cards

Write a positive message so each child knows they are not invisible, knows that you see them.  
#WholeSchoolHappy

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed



# Transition Cards

Print out and give these to your whole class at home time.  
#WholeSchoolHappy

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

**You Are  
Amazing!**

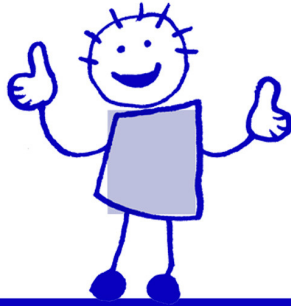
**You Are  
Amazing!**

**You Are  
Amazing!**

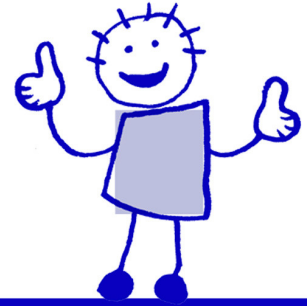
# Transition Cards

Print out and give these to your whole class at home time.  
#WholeSchoolHappy

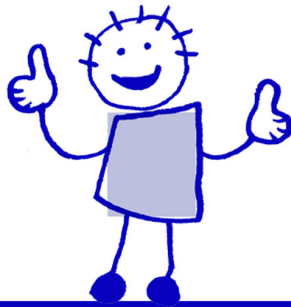
Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



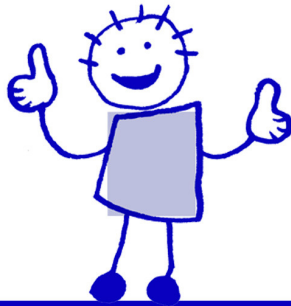
Thank  
you for  
working  
so hard  
today!



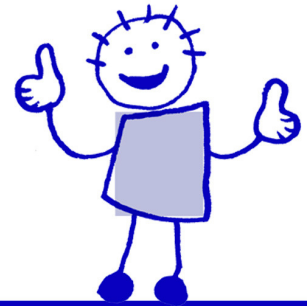
Thank  
you for  
working  
so hard  
today!



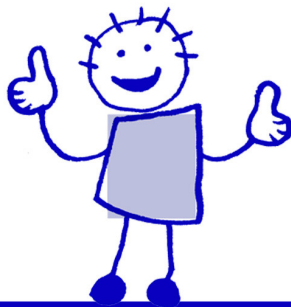
Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



Thank  
you for  
working  
so hard  
today!



# Transition Cards

Write a special message to your class and give it to them at home time.  
#WholeSchoolHappy