

Circus of Life - Infants

It's all over the news!! Stress is the number one cause of illness among young people and adults in the UK. Life in our modern society is fast-paced, demanding and 24/7. We need new skills now to survive as healthy, prosperous individuals and there's no better time to start learning these than right at the beginning of our journey towards adulthood.

From a unique, fun perspective this workshop addresses key areas of resilience in young children including self-esteem, belonging, growing independence and dealing with feelings.

Description

Stress is becoming an increasing problem for children today and we believe that building a resilience toolkit at a young age is now more important than ever.

This workshop is designed to help young children to recognise their own value as an individual whilst valuing their place in the class and in the school. It also looks at the early stages of building independence (at home and at school) encouraging the use of a reward system to build confidence. The final section looks at recognising feelings and finding constructive ways to deal with negative ones such as anger, frustration and sadness. It teaches three simple mini-meditations that can be used anywhere at any time on an ongoing basis.

Benefits

Children recognise their own value as an individual and also as part of a group.

Children recognise areas, both at home and in school, where they can build their confidence and independence.

Children learn to recognise different feelings and are taught a number of different mini-meditations to help them deal with any negativity.

Content

This 1 hour workshop for Years 1 & 2 is split into three main areas:

Who is important – Getting bigger - Feelings

Each area contains fun exercises and information designed to encourage personal awareness and development leading to greater self-esteem, increased independence and improved control over negative emotions.

Children produce personal bunting to decorate their classroom, a reward chart for independence at home and at school and they learn three mini-meditations for improved self-control.

Aims

The course has three main aims:

- To build confidence and self-esteem
- To build independence
- To build personal understanding and control

Learning outcomes

Children leave with a sense of excitement about themselves and their place in the world

Children are enthusiastic about increasing their levels of independence and personal responsibility

Children learn how to recognise and control negative emotions

Children learn the very early stages of meditation.