

Circus of Life - Years 3 & 4

Life today is great fun for kiddies; so many toys, tv shows, computer games – never a dull moment! But, with so much going on, when do they switch off?

Today's world is fast and furious, it's demanding and it's 24/7. Perhaps it's no surprise then that so many young people can't cope and stress is now the number one cause of illness in the UK. We need new skills to flourish in this environment and where better to start than right at the beginning of life's journey....

Welcome to the 'Circus of Life'. Here is where we learn how to juggle life's demands, how to clown around a little, how to work in synchronisation with others and even how to take a risk or two.

Description

From a unique, fun perspective this workshop addresses key areas of resilience in young children including: self-esteem, belonging, positive self-talk, growing independence, personal responsibility and dealing with feelings. It equips them with a tool kit that will serve them well now and lay the foundations for developing into resilient young people.

Children learn to recognise their own value as an individual and as part of a team. They look at the power of positive self-talk and also at building independence. The final section looks at recognising feelings, offers constructive ways to deal with negative emotions (through cleverly designed mini-meditations) and introduces the concept of a daily practise designed to build confidence and positivity.

Benefits

Children appreciate themselves as individuals and as part of a group.

Children learn how to use positive self-talk.

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

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

Children are introduced to the concept of a daily practise designed to build confidence and positivity.

Content

This 1.5 hour workshop for Years 3 & 4 is split into three main areas:

Who am I? – Getting bigger - Feelings

Each area contains fun exercises including creating their own booklet, creating a reward chart for independence, mini-meditations and a daily positivity practise. These are designed to encourage personal awareness and development leading to greater self-esteem, increased independence and improved control over negative emotions.

Aims

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

Learning outcomes

Children feel good about who they are

Children learn how to use positive self-talk

Children want to build their levels of independence

Children learn how to deal with negative emotions

Children learn the very early stages of meditation and of daily positivity practise