

UNIT 4 Take a Moment



Home Activity

Everyone encounters a wide range of emotions every day. Becoming more aware of how we feel, can have a big impact on our wellbeing, our behaviour and relationships with others. Learning to be more aware helps us to get in tune with our feelings and stop us dwelling on the past or worrying about the future.

In this unit, we will be covering:

- We all experience a range of emotions every day
- Sometimes we feel stressed
- I have ways to help me cope

Take a Moment Activities

We know from research that it is important for us to 'take a moment' in our busy lives to slow down. When we take time to slow down, we learn to bring stillness to our busy minds. It allows us to pay attention to what is happening right here and now. We can choose where we direct our focus, placing it on something helpful and moving it away from something unhelpful (like distracting thoughts or activities). It's a powerful way to live. We can use any of our senses to help us focus on the present moment.

Together, look at the list of ideas for 'Take a Moment' activities at home. Create a list of things you could do together. Then try some of them out. What do you notice about how you feel afterwards?

Bring in a photo, drawing or a piece of evidence of you doing some of your 'Take a Moment' activities.

Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.