



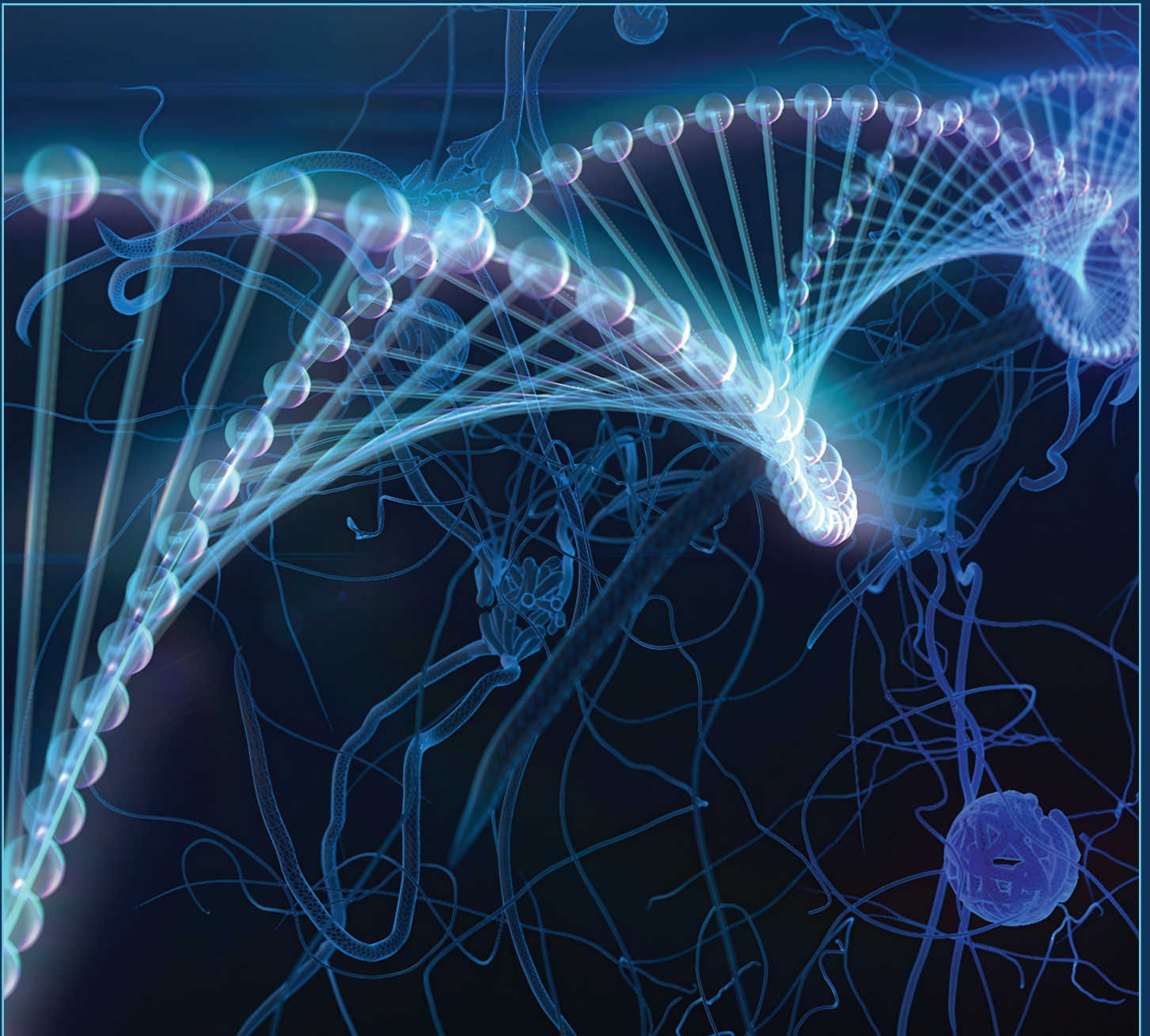
**WELCOME TO
WELL-BEING**



**Weaving
Well-Being**
THE MORE YOU WEAVE...
THE BETTER YOU FEEL!

Classroom Nervous System Regulation & Somatic Movement Practices

By Fiona Forman



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Welcome to Well-Being & Weaving Well-Being: Classroom Nervous System Regulation & Somatic Movement Practices

Integrating short, frequent nervous system regulation and somatic movement practices is a vital aspect of nurturing children's well-being. These practices can help the nervous system to release stress and tension and help children to feel safe, calm and connected. Nervous system regulation practices usually involve focusing on the breath from a position of stillness. Somatic movement practices are gentle, mindful movements aimed at connecting mind and body, rather than being focused on physical fitness.

When nervous system regulation and somatic movement practices are integrated into daily classroom life, children are more likely to be able to access a specific practice during moments of overwhelm or dysregulation.

The presence of a calm, trusted, regulated adult (co-regulation) is also vital to help children cope with difficult or overwhelming emotions.

The **Weaving Well-Being** and **Welcome to Well-Being** programmes contain a number of these practices. Teachers may find this collection helpful in accessing and embedding them for use on a daily basis with students.

Part 1 contains 3 general nervous system regulation practices and a somatic movement practice (Shake-Up to Wake Up).

Part 2 contains the practices introduced throughout the **Welcome to Well-Being** programme.

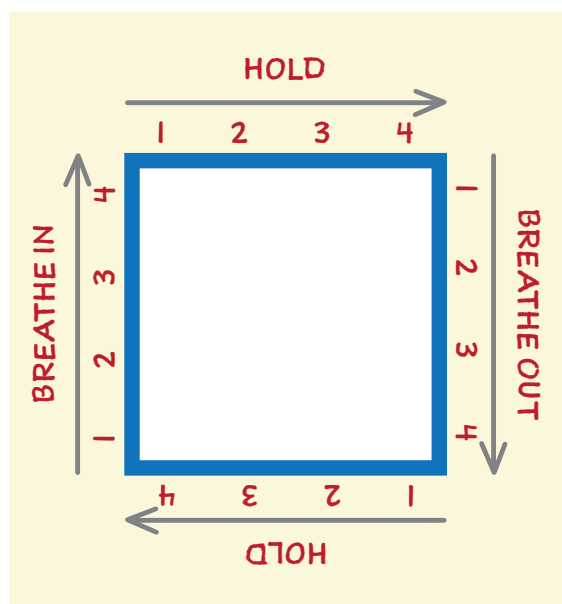
Part 3 contains the practices introduced throughout the **Weaving Well-Being** programme.

Part 4 contains a number of rhymes for somatic movement (**Mind Moves**).

PART 1: GENERAL PRACTICES

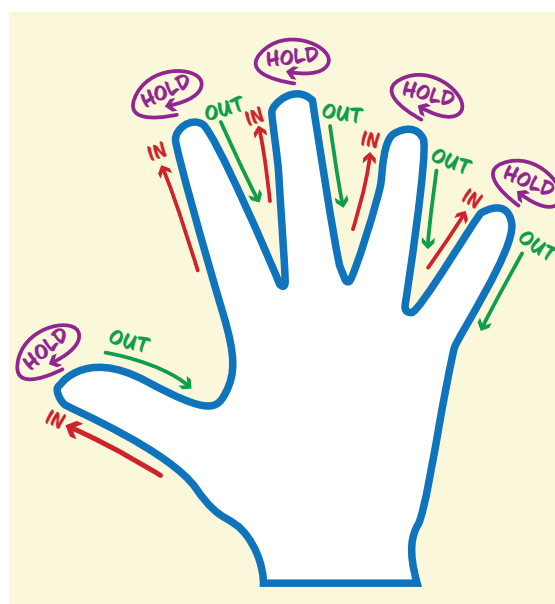
Box Breathing

Breathe in to the count of 4, hold for the count of 4, breathe out to the count of four and hold for the count of 4. Repeat for at least 1 minute.



Hand Breathing

Follow the directions on the diagram, tracing around one hand with the index finger of the other hand. Repeat with other hand.



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Stop and Drop

Stop what you are doing for a moment and gently close your eyes or lower your gaze.

Sit up nice and straight with your feet on the ground and your hands resting on your lap.

Our minds and bodies are often so busy, so it's good to take a moment to relax a little now.

Drop your attention now away from your busy mind and all of your thoughts and down to your breathing - notice your chest and tummy gently rising and falling. Don't try to change your breathing, just notice the air gently filling your chest and tummy.

Drop your attention even further now, right down to your feet now. Feel your feet connected to the ground underneath you.

Keep your attention in your body now for a little while longer. Imagine your breath going right down to your feet, as if your whole body is breathing. Feel a gentle feeling of warmth and relaxation spreading right through your body, from your feet up to the top of your head. Take a few more moments to enjoy this feeling.

Now it's time to gently open your eyes. Do some gentle stretches and remember to stop and drop like this any time you need to!

Above audio recording available here: www.otb.ie/stop-and-drop

Shake-Up to Wake Up

Now it is time to release stress and tension and wake up our bodies and minds with some movement - **Shake-Up to Wake-Up!**

Stand up straight, with your arms resting gently by your sides.

Do 10 gentle circles with your shoulders, 5 in each direction - first one way, then the other.

Now let's release any tension from our bodies by doing 5 shoulder drops - hunch your shoulder right up to your ears, hold as tight as you can for the count of 5 and then release with an ah sound.

Now it is time to shake out our bodies, let's start by stretching out our arms in front of us and shaking our hands, now let's spread that to our arms, for a few seconds. Now put your arms back down by your sides.

Now let's shake out our legs, one at a time.

Now, let's imagine that our whole bodies (except our heads) are like jelly, shaking on a plate, for a few moments...until I say freeze...then gently come back to a standing position.

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words 'in' and 'out' to yourself in your mind as your body breathes.

PART 2: PRACTICES FROM THE WELCOME TO WELL-BEING PROGRAMME

Mindful Body Scan

SCRIPT FOR 'BODY SCAN'

Let's take a moment now to check-in with our bodies.

You can close your eyes or look gently downwards.

Sit up nice and straight and rest your hands on your tummy. Can you feel it gently going up and down as you breathe in and out? Let's notice that for a moment.

Hopefully you are starting to feel nice and calm and relaxed.

Now feel your whole body becoming calm and relaxed, from your head, to your shoulders, your body and right down to your feet.

Let's stay nice and relaxed for another few breaths.

Now you can open your eyes and gently stretch your arms over your head.

Now stretch them right out in front of you...and now bring them right back in and give yourself a big hug.

Above audio recording available here: www.otb.ie/body-scan-audio

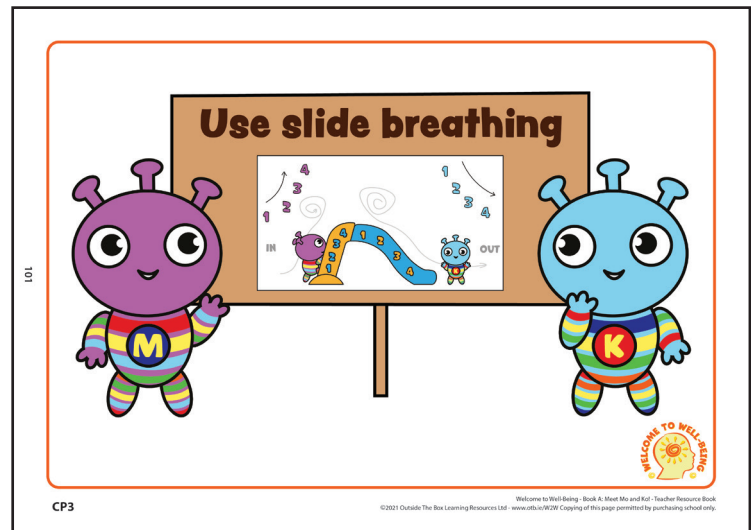
Slide Breathing (from *Welcome to Well-Being A*)

When we have a big feeling, we can breathe in and count to 4. We can imagine Mo going up the slide - 1, 2, 3, 4. Then we can breathe out and count to 4 and imagine Mo coming down the slide - 1, 2, 3, 4. When we do this a few times, we will start to feel calmer and the big feeling won't feel so big. Sometimes we might close our eyes, put our hands on our tummies and just listen to our breathing as we do it. Let's try that now. Imagine Mo going up the slide and coming down the slide as you do it. Now you will be ready for those big feelings when they come.

Big feelings

Big feelings,
big feelings,
inside me,
can make me feel
so unhappy.

So I can breathe
with Mo and Ko,
up the slide
and down we go.



3, 2, 1... Listen (from *Welcome to Well-Being A*)

For **3, 2, 1... Listen** - we look around and think of 3 things we can see, 2 things we can touch and 1 thing we can hear. Then we close our eyes and listen to ourselves breathing. Let's try it now. Very quietly look around and think of 3 things you can see, now 2 things you can touch near you, now 1 thing you can hear...now, close your eyes and listen to yourself breathing. (Pause for a few moments.) How do you feel now? Hopefully nice and calm. You can do your **3, 2, 1... Listen** anytime you want to feel calm and peaceful.

Chill & Spill (from *Welcome to Well-Being B*)

For **Chill & Spill**, stand up and make sure that you have plenty of space around you. Now imagine that you are really cold and chilly. Your muscles are shaking and shivering and you're trying to keep warm. Rub your arms and stamp your feet to try to keep warm. Now imagine that you are starting to freeze, like an ice-cube. Stay completely still like an ice statue for a few seconds. Now imagine the sun is coming out. You are warming up and all your muscles start to soften, warm, and relax. Starting with your head, down your neck, arms, body and down to your legs - the ice-statue is melting and spilling out, slowly melting right down to a puddle on the ground. Stay lying there for a few moments, feeling warm and relaxed. Do this a few times until you feel nice and relaxed.

Chill and spill

First I feel
as cold as ice.
I shake and shiver,
it's not nice!
Now I'm frozen
straight and still,
I can't move
at all, until...
The sun comes out,
warms me till,
I slowly melt
and down I spill.

Hand to Heart (from *Welcome to Well-Being C*)

If you are feeling small or sad or not good enough, stop and put your hand to your heart. Try it now. Can you feel it beating? It can remind you that there is only one of you and that you are good enough, no matter what! You can say to yourself - 'I put my hand against my heart and tell myself I'm strong and smart. I'm good enough just being me and no-one's perfect as can be.'

Hand to Heart

When I'm feeling small or sad,
not good enough or just plain bad,

I put my hand against my heart
and tell myself I'm strong and
smart.

I'm good enough just being me
and no-one's perfect as can be.

So then I smile and smile a lot.
I'm good enough no matter what!

Calm Colouring – Audio & Downloads

This **Calm Colouring** audio gives children the opportunity to feel calm and focused before they begin their **Calm Colouring**.

www.otb.ie/calm-colouring-audio

A selection of 15 **Calm Colouring** sheets can be downloaded from the link below.
www.otb.ie/W2W-Calm-Colouring

PART 3: STRATEGIES FROM THE WEAVING WELL-BEING PROGRAMME

Guided Audios

The guided audios from different levels of the programme, including a guided **Body Scan**, can be accessed here:

www.otb.ie/wwb-mindfulness-meditations

Mindfulness Colouring – Audio & Downloads

This **Mindfulness Colouring** audio gives children the opportunity to feel calm and focused before they begin their **Mindfulness Colouring**:

www.otb.ie/mindfulness-colouring-audio

A selection of 20 **Mindfulness Colouring Sheets** can be downloaded from the links below:

www.otb.ie/wwb-mindful-colouring-a

www.otb.ie/wwb-mindful-colouring-b

PART 4: RHYMES FOR SOMATIC MOVEMENT – ‘MIND MOVES’

These rhymes can be used with children to help them to gently connect to their bodies and release stress and tension. The individual rhymes should be repeated 2 or 3 times to get a momentum going. As children get to know the rhymes, you can add some together to get a sequence going. Explain to the children that these are called ‘Mind Moves’ because they help us to connect our bodies and minds.

Criss Cross
Criss cross
Tap tap tap
Open open
Clap clap clap
Criss cross
Squeeze squeeze squeeze
Open open
Knees knees knees

Repeat 2 or 3 times.

After the final repetition, give the direction:

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words in’ and ‘out’ to yourself in your mind as your body breathes.

Accompanying Movements:

Children start from a standing position, with arms stretched out in front of them.

Criss, cross – bring each arm across your chest to make an X.

Tap tap tap – keep your arms crossed on your chest and gently tap your chest with your hands.

Open open – open your arms straight in front of you.

Clap clap clap – clap 3 times.

Criss, cross – bring each arm across your chest to make an X.

Squeeze squeeze squeeze – keep your arms across your chest and squeeze your shoulders with your hands.

Open open – open your arms straight in front of you.

Knees knees knees – gently pat their knees with their hands.

Wiggle Wiggle

Wiggle wiggle

Tap tap tap

Wiggle wiggle

Clap clap clap

Wiggle wiggle

Rub rub rub

Wiggle wiggle

Hug hug hug

Repeat 2 or 3 times.

After the final repetition, give the direction;

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words in' and 'out' to yourself in your mind as your body breathes.

Accompanying Movements:

Children start from a standing position, with arms stretched out in front of them.

Wiggle wiggle – wiggle your fingers.

Tap tap tap – gently tap your head with your fingers.

Wiggle wiggle – wiggle your fingers.

Clap clap clap – clap 3 times.

Wiggle wiggle – wiggle your fingers.

Rub rub rub – rub your hands together.

Wiggle wiggle – wiggle your fingers.

Hug hug hug – bring your arms around yourself to give yourself a big hug.

Stand and Swing

Stand stand stand stand

Swing swing swing swing

Stand stand stand stand

Spring spring spring spring

Repeat 2 or 3 times.

After the final repetition, give the direction;

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words in' and 'out' to yourself in your mind as your body breathes.

Accompanying Movements:

Children start from a standing position, with arms by their sides.

Stand stand stand stand – stand up straight with hands by your sides.

Swing swing swing swing – gently swing your arms from side to side.

Stand stand stand stand – stand up straight with hands by your sides.

Spring spring spring spring – jump up 4 times like a spring.

Stretch and Click

Stretch stretch stretch stretch

Click click click click

Open open open open

Flick flick flick flick

Repeat 2 or 3 times.

After the final repetition, give the direction;

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words in' and 'out' to yourself in your mind as your body breathes.

Accompanying Movements:

Stretch stretch stretch stretch – stretch both arms up above your head.

Click click click click – click your fingers 4 times, keeping both arms above your head.

Open open open open – put both arms out in front of you.

Flick flick flick flick – flick out your hands 4 times.

Brush and Clap

Brush brush brush brush

Clap clap clap clap

Brush brush brush brush

Tap tap tap tap

Repeat 2 or 3 times.

After the final repetition, give the direction;

Now, stand still for a moment and just notice your body breathing for a few seconds.

You can help your body and mind to feel calm by saying the words in' and 'out' to yourself in your mind as your body breathes.

Accompanying Movements:

Brush brush brush brush - place one arm on opposite shoulder and gently brush down the arm 4 times, down past the finger tips.

Clap clap clap clap – clap hands 4 times.

Brush brush brush brush – place the other arm opposite shoulder and gently brush down the arm 4 times, down past the finger tips.

Tap tap tap tap – gently tap the top of the head 4 times with both hands.



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