Good morning

How do you feel today?

tired	caim	okay	happy	excited	Any other feels not mentioned
1	2	3	4	5	6

Show me a number on your fingers.

Today's assembly is about

Mindful Play

So let's play a game!

Does this change how you feel?

tired	caim	okay	happy	excited	Any other feels not mentioned
1	2	3	4	5	6

Show me a number on your fingers again.





Play in the snow

Play in the sun





Fly around the world

Swim under seas and oceans

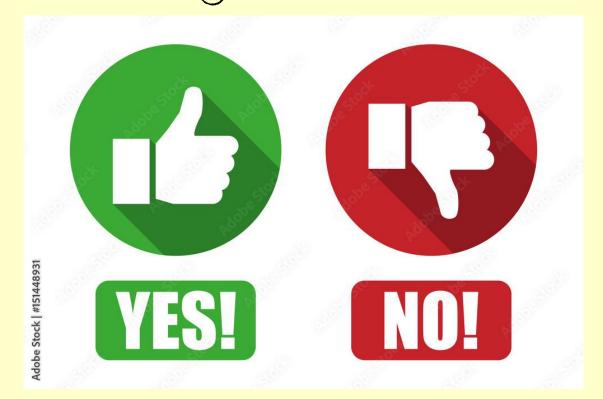




Read a book

Watch a film

Díd playing the game change how you feel?



Show me with either thumbs up or thumbs down

Play

- Crucíal early on learníng
- Enhance our learning
- Joy to lífe
- Relíeves stress
- Supports friendships

(Connect to others and the world around us!)

- · Builds our imagination
- Helps our focus and attention
- Self control

What is Mindful Play?

Mindfulness:

- Focusing on right now
- Having an awareness about what is going on
 - Learning
 - your feelings
 - of others
 - places

This time, I want use to

STOP, THINK, RESPOND



Learn through a game

Learn without a game



Have a happy playtime



Have a sad playtime



However sometimes I might use my words to say things that are not kind. Things that make other people sad.



One kind word can change someone's entire day.

Hear kind words

Hear unkind words

STOP, THINK, RESPOND

health Empathy respect (mutual respect) Time to Think How will you show míndfulness ín your play today?