

Good morning

How do you feel today?

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

Show me a number on your fingers
again.

Would You Rather...



Play in the snow



Play in the sun

Would You Rather...



Fly around the world



Swim under seas and oceans

Would You Rather...



Read a book



Watch a film

Did playing the game change how
you feel?



Show me with either thumbs up or thumbs down

Play

- Crucial early on - learning
- Enhance our learning
- Joy to life
- Relieves 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

Would You Rather...



Learn through a game



Learn without a game

Would You Rather...



Have a happy playtime



Have a sad playtime

Would You Rather...



Hear kind words

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



Hear unkind words

STOP, THINK, RESPOND

Empathy

health

respect
(mutual respect)

Time to Think

How will you show
mindfulness in
your play today?