#WholeClassHappy
All children need to feel safe before they can learn.

Here are some easy, practical, whole class grounding ideas to use regularly on a daily basis to create a safer, happier classroom environment for everyone - including you!

FREE Download Also Available
‘What Survival Looks Like In School’ to recognise what children & teens look like in Flight/Fight/Freeze/Submit with specific grounding ideas to re-engage child and encourage learning.
Visit www.innerworldwork.co.uk
Get Safe. Be Happy.

1. March around the playground once moving your whole body. 
2. On the way back in to your class, tell your teacher your name.
3. Carry on with your task!

Brain Break: Stretch & Relax
- Take a walk and show me your head on your knees.
- Touch your knees, lean forward to stretch your arms, then slowly stand up and stretch.
- Keep your head on your knees after a few seconds.

Brain Break: Squish, Squish, Relax
- Squish, Squish, Relax! Braids ready and learning uninterrupted to get bodies after a break.

Team Work!
- Coloring book in the whole class.
- Spend I coloring brain break.

Need a minute for 10 seconds.
- Link bands & press.
- Big hug & give yourself seconds for 10 seconds.
- Down on your head.
- Head on your knees.
- You can then try to put your fingers on your toes. Place there.
- Touch your toes.
- Slowly stretch out your arms, then bend your knees.
- Touch your toes.

#SchoolLifeHappy
1. Choose a soft toy that you can balance on your tummy and ask your teacher to put on some gentle music

2. Take your shoes off and lie down so you are comfortable

3. Put the toy on your belly

4. Breathe in: While your teacher counts to three, breathe in through your nose so your tummy gets big and your toy goes up in the air.

5. Breathe out: While your teacher counts to 4 breathe out through your mouth so your tummy sinks and your toy sinks down.

6. Repeat this 10 times, can you rock your tummy buddy to sleep so they feel completely safe, calm and relaxed?
1. Take your shoes off and sit or lie down so you are comfortable
   Relax
2. Close your eyes
3. Squish and squash your toes and feet
   Relax
4. Squish & squash your leg muscles
   Relax
5. Squish & squash your bottom muscles
   Relax
6. Squish & squash your tummy muscles
   Relax
7. Squish & squash your chest muscles
   Relax
8. Squish & squash your hands
   Relax
9. Squish & squash your arms muscles
   Relax
10. Squish & squash your shoulders
    Relax
11. Squish & squash your face muscles
    Relax
12. Squish & squash your whole body
Go for a whole class 5 minute walk around the school, the playground or even just the classroom!

What can you see?

What can you smell?

What can you hear?

What can you feel?

When your walk is finished, talk as a class about how you experienced your walk!
#WholeClassHappy

It’s Quiet Time!
Please come and see us later.
Transition Cards

Do you have students who worry about permanency/abandonment? Print out and give these to your whole class on a Friday. #WholeSchoolHappy

Looking forward to seeing you on Monday!

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Transition Cards

Write a positive message so each child knows they are not invisible, knows that you see them.

#WholeSchoolHappy

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed
Transition Cards
Print out and give these to your whole class at home time.
#WholeSchoolHappy

You Are Amazing!
You Are Amazing!
You Are Amazing!
You Are Amazing!
You Are Amazing!
You Are Amazing!
You Are Amazing!
You Are Amazing!
Transition Cards
Print out and give these to your whole class at home time.
#WholeSchoolHappy

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!

Thank you for working so hard today!
Transition Cards

Write a special message to your class and give it to them at home time.

#WholeSchoolHappy