Assembly

Courage

Let's Regulate!

Rainbow Breathing

doors to healing

1. place your finger at the bottom of the rainbow

2. breathe in through your nose and trace the red arc until you reach the top

3. when you reach the top, begin to exhale through your nose and continue tracing

4. repeat with each colour until you feel calm and grounded

What is courage?

- Courage is what we use to help to overcome our fears.

- Courage is what helps us to achieve our goals.

- When have you shown courage recently?

How can we show courage?

- Speak out when you see or hear something that isn't right.

- Persevere with tasks that will help you to achieve your goals.

- Ask for help if you need it.

- Try new things.

Does courage always make you successful?

- Unfortunately not!

- Sometimes courage is what keeps us trying again.

- Courage is accepting that something hasn't gone to plan, but not giving up altogether.

- Are humans born knowing how to walk?
- No!
- How did you learn?
- Did you stop trying because you fell down and hurt yourself?

Celebrating Achievements

What have you achieved that had obstacles along the way?

What were the obstacles?

What goals are you working on now?

Reflection

What am I going to achieve this week?
Spelling test score, times tables, swimming practise…

https://www.youtube.com/watch?v=ZQpIVZ3SVgY