

IF I WERE BEAR

PURPOSE

This activity will calm the class and remind them of makes them feel safe and warm.

ACTIVITY TYPE

Guided visualisation and class discussion



10 MINS

SET UP

Make sure each child is seated and quiet at their desks before you start the mindfulness recording.

ACCESS THE
RECORDING HERE



FOLLOW UP QUESTIONS FOR CHILDREN

- How did the activity make you feel?
- Do you know any other interesting facts about bears?

FURTHER DEVELOPMENT

As a creative writing activity, you could give the children paper to write their visualisation experience as a story. If there's time you could also encourage those who want to share theirs with the class.

1. Sitting at your desks, rest one arm on top of the other and let your head rest on your arms. Take three deep breaths in and out. Let your body relax and your mind calm.
2. Imagine you are a Bear, tucked up safe and warm in their cave.
3. Did you know that most bears sleep throughout the coldest part of the year? We call this hibernation. Their heart rate slows down, and their breathing becomes calm and steady. They've spent the warmer months gathering food in their cave for when they hibernate, so they don't need to leave their safe, warm cave for any reason at all.
4. Imagine you are a bear in hibernation. You are cosy and warm, snuggled into your big furry coat. Your cave is the safest place in the whole world.
5. What things make your cave feel safe and warm?
6. Who might be in the cave with you to make you feel safe and calm?
7. Your whole body feels relaxed and comfortable. Your breath is slow and steady.
8. The forest is silent all around you, and everything is still covered in snow.
9. But now the sun is starting to shine and the snow is beginning to melt. You have been asleep for a very long, cold, winter and you're just beginning to wake up, but you're not moving just yet...
10. How do you think you might feel when you start to move? What might you smell when you first leave the cave? Who would you like to see first when you leave the cave? What would you say to them? What would be the first thing you might eat?
11. Breath 5 deep, slow breaths. Take a moment to arrive back in the room. Start to gently bring some movement back into your body, wiggling your fingers and toes. If your eyes are closed, gently open your eyes.