

EduTrend Contents

G4C · MINDFULNESS AND RELAXATION GAMES · HIGH SCHOOL

Calm Routine Leaders

Plan and rehearse short calming games for children aged 4 to 10, with choice, invitation and clear limits

Ages 14–18	Level: Advanced	75 minutes	Teams of 3–4 · up to 24	Activity 05

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 05 · AT A GLANCE

Calm Routine Leaders

Teams plan a two-week set of short calming games for children aged 4 to 10, used after break or before a quiet task. Each game lasts two to five minutes, invites rather than insists, offers choices such as eyes open or a fixed point on the floor, and is presented as a calming habit, not therapy. Teams rehearse two games on peers, collect feedback and revise the wording.

Learning outcomes

By the end of the session students can:

- plan short calming routines;
- write inviting, clear scripts;
- offer choices;
- revise from feedback.

KEY WORDS

routine · invite · choice · script · transition · limit

CURRICULUM LINKS

PSHE: wellbeing. Child development. English: scripting.

1	2	3	4	5	6
SETTLE	**EXPLAIN**	**PLAY**	**NOTICE**	**TALK**	**CLOSE**
Calm start	One game, clear rules	Invented characters	Clues and feelings	Different views are fine	Calm and positive

Materials (per team)

- Planning template
- Script cards
- Bell or chime
- Worksheets 1, 2 and 3

Before the session

- Print templates.
- Brief on safeguarding and limits.
- Prepare examples.
- Plan teams.

SAFETY

Calming games, not therapy. Refer any child in distress to staff under school policy. Supervise sessions with younger children.

ACTIVITY 05 · SESSION PLAN

Step by step

Scripts should use inviting language: “you might like to”, not “you must”.

Time	What happens	Say or ask
0–10 min **Brief**	What young children need.	*“Why keep it short?”*
10–35 min **Plan**	Two-week set and scripts.	*“Is the language inviting?”*
35–60 min **Rehearse**	Lead peers in role.	*“Did people feel free to choose?”*
60–75 min **Revise**	Improve scripts.	*“What will you change?”*

CHALLENGE CARD (print or copy onto the board)

Plan calming games so short, clear and inviting that every young child can join in their own way.

ACTIVITY 05 · FACILITATOR NOTES

The calm game know-how in brief

Short routines of two to five minutes at regular transition points suit young children's attention.

Inviting rather than insisting, and offering choices of position, helps every child take part comfortably.

Common ideas to listen for

- "Longer sessions work better." Short is better for young children.
- "Everyone must close their eyes." Offer choices.
- "Calming games treat problems." They are habits, not therapy.

Adapting the activity

Support

Provide two example scripts.

Stretch

Add a version children can lead themselves after a fortnight.

WORKSHEET 1

Two-week plan

Name: _____ Class: _____ Date: _____

Ten days.

Two-week plan

Day	Game	Time of day

WORKSHEET 2

Script check

Tick each script.

Script check

Criterion	Yes/No
Two to five minutes	
Inviting language	
Position choices	
Clear start and end signal	
Not described as therapy	

WORKSHEET 3

Our revisions

After rehearsal.

We changed the wording... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Plans short routines	Writes inviting scripts	Revises from feedback

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Calm Routine Leaders is a sample activity from the EduTrend Contents G4C Mindfulness and Relaxation Games programme (high school, level: advanced). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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