

End of term toolkit

The last weeks of term are upon us!

Because of the less formal timetable at this time of year, it's a good time to run some fun and mentally healthy classroom activities with pupils.

The resources in this toolkit share activities to teach children simple relaxation and mindfulness techniques, that they can continue to practice throughout the summer.

With the warm, sunny weather, the final weeks of term also lend themselves to spending some time outside in nature with your pupils. We have also included some relaxation activities in this toolkit that are designed to be done outdoors.

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Anna Freud
National Centre for
Children and Families



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Resources

Cloud watching mindfulness activity - School Grounds North East

Cloud watching can be a useful activity for mindfulness and relaxation. This short guide features suggestions to help staff structure the activity as part of an outdoor lesson.

[Go to resource](#)



Outdoor health and wellbeing activities & games - Natural Resources Wales

This health and wellbeing booklet helps children reconnect with the natural environment, through 14 activities and games set outdoors.

[Go to resource](#)



Relax like a cat relaxation exercise – NHS Fife

A guided relaxation, using the analogy of a cat, to create a sense of calm for children.

[Go to resource](#)



Whole class happy pack – InnerWorld Work

Try these easy, practical activities with your class to create a happier, calmer classroom. The pack also includes some printable cards to hand out to pupils.

[Go to resource](#)



Relaxation activities for children – Save the Children

Six simple relaxation activities to try alongside the children in your class.

[Go to resource](#)



Self-care summer: staff toolkit and poster

Don't forget to practise self-care this summer! We have created free packs for primary school children and staff, sharing simple suggestions to boost your wellbeing over the holidays.

Go to resource



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