

## Balancing Act

Considering your well-being is like a balancing act. It helps to identify times, people and conditions that may help us to cope and feel more settled when things get tough.



Thinking of this as a balancing act can enable us to identify times, people and conditions that may help us to cope and feel more settled when things get tough.

1. Think of those times, people and conditions that have a negative impact on you. Are there factors that you can avoid or control?
2. The next step is to ensure that you can have some of the positive elements to counteract some of the negatives. Write down the factors that help to cheer you up, remain calm and the conditions you need in order to relax.

## **FINDING YOUR BALANCE**

This simple exercise is particularly useful as then transition back into their new school routine. It allows them time to breath, relax, wobble and giggle!



### **Instructions:**

- Stand with your feet hip width apart.
- When you feel comfortable with your posture, gently close your eyes.
- Begin by feeling where your weight is generally falling – to the front/back/side of your feet?
- Gently rock your weight to each side and front and back, feeling how your body responds and noticing where you are comfortable.
- Carefully move your weight onto one foot and slowly peel the other foot off the floor. If you can, balance there for a few moments. When you are ready to put your foot back down, do so with full awareness and as slowly as you can.
- Repeat onto the other foot.
- Finally, become aware again of where your weight is falling.
- Slowly open your eyes.
- Ask the children what they noticed about their bodies and minds.