

# The Calm Classroom Toolkit



Simple, powerful yoga and mindfulness strategies to help your pupils reset, refocus and thrive.

## Mindful Moment Script

Ideal for circle time, PSHE or anytime calm is needed.  
“Let’s take a moment to sit quietly. Place your hand on your belly and feel your breath going in... and out. Imagine your thoughts are clouds floating by. You don’t need to chase them—just let them drift. Let your body be still, your mind be calm, and your heart be kind.”

Use a gentle voice and pause after each sentence.

## “Wiggle & Focus” Movement Break

Perfect for fidgety moments or after lunch.



1. Wiggle your fingers, arms, legs-and your whole body-for 15 seconds.
2. Freeze like a statue for 5... 4... 3... 2... 1...
3. Take a deep breath in... and out.
4. Clap once and sit tall, ready to learn.

**Optional:** Add a fun beat or music cue to guide movement.



Inhale and reach both arms slowly up toward the sky.

Imagine sunlight shining down from above

Exhale and slowly bring your arms back down like gentle falling rain.

Repeat 3 times, slowly and calmly.

Say it together: "I am strong like a mountain."

Great for grounding, stillness and body awareness.

## Bonus Ideas:

Link each pose to a rainbow colour or weather element (e.g. "Green for Tree Pose", "Grey skies parting for Mountain Magic").

Let pupils vote on their classroom pose of the day.

Use short pose breaks as transitions between lessons to keep energy balanced