

Five creative ways to... start the day

1. What are you like?

Ask the class a question as a way of checking in with everyone. It will help them to self-reflect on how they are feeling today and understand each other better. You could try asking 'If you were an *animal/weather/food/shape/colour/transport/fruit/sport/pizza topping* what would you be today and why?'

2. Morning mantras

Write a class mantra to say at the start of each day. When the sun rises it is a door to fresh knowledge. Breathe the light in. Call upon the assistance you need for the day. 'Waking up this morning I smile. Thank you sun for waking me. A new day is ahead of me. Please help me [choose a goal to say out loud] today.'

3. Tap it out

With soft fists tap gently on your lower back in space between the bottom of your ribs and hips. This is your kidney area – be gentle! Then you can move down the back of the legs and front of the legs and up the chest and arms, head and face to fully wake up the body and boost circulation.

4. Bounce it out

Bouncing on the balls of your feet, everyone bounces for a count of eight as they release their arms down to the floor, then for eight counts shaking their arms out to the side, then eight counts shaking arms up to the sky, then eight counts shaking arms out in front of them. Repeat the eight counts as they shake their arms to the floor, eight to the side, eight to the sky and eight to the room. Make sure everyone is counting together.

5. Put up your balloons

Life is like a party but you have to put up your own balloons. What balloons are you putting up today? What positive energy are you bringing to the party? What are you bringing to the classroom? What balloons do we want in the room with us today? Share these with each other.