



# Circle Time Sessions for Relaxation and Imagination (Lucky Duck Books)

*Tony Pryce*

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Emotional health is a key concern in classrooms nowadays, and the ideas within this book are a fresh approach to delivering and supplementing the SEAL (Social and Emotional Aspects of Learning) programmes outlined in the Primary National Strategy' - Youth in Mind. Young people have to cope with stress yet often are given little or no practical help, nor are they taught coping strategies. Using the popular technique of Circle Time, this book provides a range of exercises to promote relaxation, inner confidence and a positive sense of self through the use of visualisation. These strategies are already established in other walks of life, such as sport, and will build on emotional literacy work as part of the PSHE curriculum. The exercises are also accompanied by questions, discussion prompts and worksheets. This book will be useful for all adults who want to provide young people aged 8 upwards with the tools to assist emotional development.

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