

**HOW WOULD YOU HANDLE THESE  
SITUATIONS RESPECTFULLY?**

UKS2 Assemblies

# STARTER MUSIC

- High Hopes

<https://www.youtube.com/watch?v=kLLnd32F5LI>

- Try Everything

<https://www.youtube.com/watch?v=jpqV3dzYOgk>

- The Climb

<https://www.youtube.com/watch?v=PpAEncw-H5Q>

# Dragon Breathing



Imagine you are sat on a dragon.  
Inhale and hold on tight clenching  
your fists, exhale and release your  
fists. Breathe into the dragons  
scales.  
Repeat.

A collection of teal-colored bubbles of various sizes, some with white highlights, scattered around the title.

## **Bubble Breathing**

*Imagine you are holding a bubble wand. Take a deep breath in, breathe out and blow into the wand slowly and gently. Imagine blowing a huge bubble.*

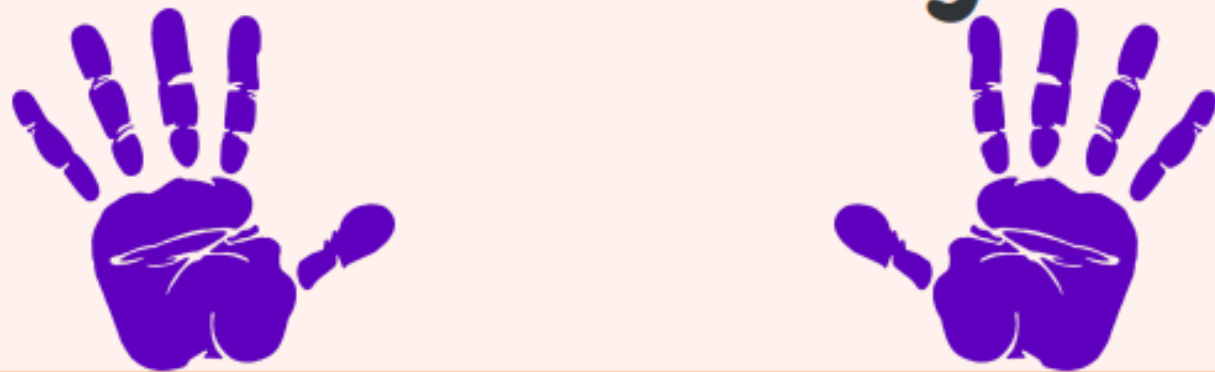
*Repeat.*

# FALL LEAF BREATHING

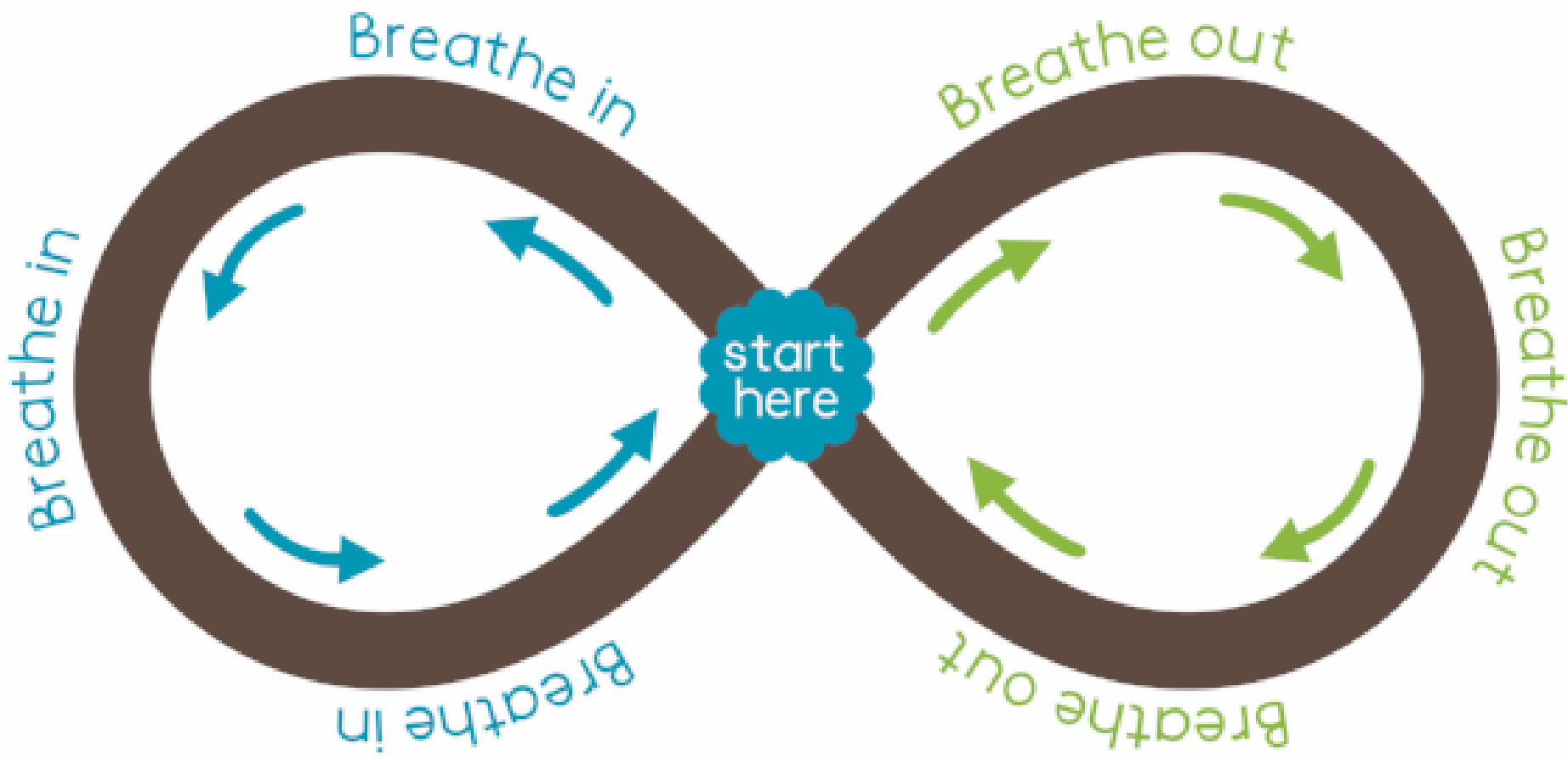


Start on the left side of the leaf at the \*. Trace the leaf with your finger, following the instructions written outside the leaf. Repeat as needed.

# Hand Breathing



Place your hand in front of you and spread your fingers. Breathe in as you trace up each finger, and exhale as you go down. Repeat until you have traced each finger.



Your teacher says you can't go out to play unless your work is finished but you are finding it really hard



- What do you do?

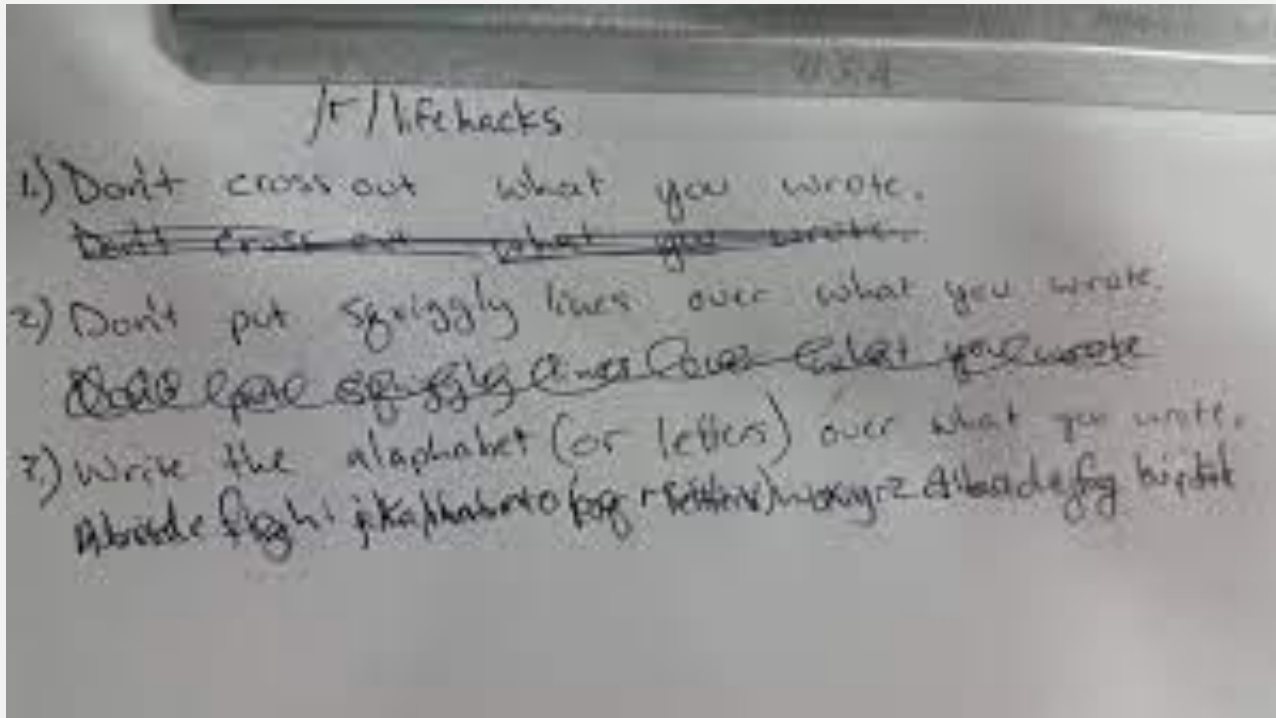


You feel like you are being treated unfairly by your group of friends.



- What do you do?

# You are told to start your work again because it is a mess



- What do you do?

You receive a present for your birthday  
that you don't really like



- What do you do?

You teacher chooses a partner for you to work with and you are not happy.



- What do you do?



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You go to your friends house for tea  
and you don't like it.



- What do you do?

Your teacher tells you off for something  
but you don't think it's fair.



- What do you do?



# REFLECTION

Calming music

<https://www.youtube.com/watch?v=lw9Z8SAg59A>

[https://www.youtube.com/watch?v=Lp6XIsBm\\_Lw&list=RDEMYGmuQkq0\\_83GuHcCL-WwHg&start\\_radio=1](https://www.youtube.com/watch?v=Lp6XIsBm_Lw&list=RDEMYGmuQkq0_83GuHcCL-WwHg&start_radio=1)