



FLOURISH · RESTORATION

YEAR 6

My coping toolbox

Build a steady plan using body, thoughts, people and faith.

#resilience

#regulation

#wisdom

#hope





What does worry do to your body before it reaches your thoughts?

You can always pass, write your answer privately, or use a made-up example.



Psalm 94:19

“When anxiety was great within me, your consolation brought me joy.”

Psalm 94:19, New International Version (NIV)

CHRISTIAN CONNECTION

The psalm names the anxiety first, then the comfort. God is not waiting for us to feel fine — faith works alongside steady breathing, truer thoughts and trusted people, not instead of them.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which of these actually open a way in?

In groups, read all six responses to the scenario.

Sort them, then rewrite the weak ones using See, Say, Make room, Follow through.

1 "Mei, you're up after me — take the next turn on the model."

3 "We're basically done, but you can watch."

5 "Just join in, you'll pick it up."

2 "Mei, we've built version one — would you run the test and record what changes?"

4 "Mei, here's the rule we're using. In two minutes I'll check the job makes sense."

6 "Be nice to Mei, everyone."

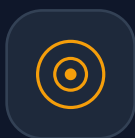
Test each one: could someone standing there actually do something because of what was said?

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“One inclusion move I will make at school this week is ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Inclusion is a move you make, not a mood you have.

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 PRACTISE

 **REFLECT**