

## Collective Worship: week beginning Monday 10 May

This week is Mental Health Awareness week. Below are some different videos from 'Headspace' that cover aspects of the mind and Mental Health. They are all child friendly and only a few minutes long. Please could you set aside some time during the week beginning 10<sup>th</sup> May for 'Headspace'. Show the class a video (choose themes which best suit your class) and discuss what they have watched. If you would like to do it every day that would be great but please aim to fit in a minimum of two headspace sessions. Headspace currently have guided meditation episodes on Netflix (rated U) and an app (free version and paid one) if children wish to continue this at home.

**'Underlying Calm'** - <https://www.youtube.com/watch?v=F0WYFXxhPGY>

This video looks at the mind as a 'blue sky' or a blank canvas and thoughts as 'clouds', some of which are cute and fluffy but some are stormy etc. This is a reminder that the 'blue sky' is still there behind it all. Meditation helps us to return to the 'blue sky'.

**Accepting the mind-** <https://www.youtube.com/watch?v=qUcC71-W9Os>

Meditation allows us to observe the mind. This animation refers to the mind a calm pool of water. Each thought is like a raindrop creating a ripple on the surface. Sometimes if it rains hard or it is windy the pool becomes cloudy and we can't see what is in the pool (i.e. busy lives can take over our minds). When we stop to observe the mind (sit alone with our thoughts), we might like what we see, sometimes we might not. This is important because it helps us to let go and accept what is in our minds and be less critical of ourselves.

**This too shall pass** - <https://www.youtube.com/watch?v=0ZKqLcWdG-4>

Nothing stays the same. The mind likes security and certainty, so change is somewhat threatening to the mind. Meditation trains us to be comfortable with change so we can experience true freedom of mind. Thoughts are just thoughts, they aren't facts. So future thoughts are just ideas, they may change. Important to live in the now.

**Understanding dark thoughts** - <https://www.youtube.com/watch?v=L7u5N2MfTNU>

Sometimes thoughts arise that we might not like. They could be angry, exciting or just plain inappropriate. These thoughts are natural, but we don't act on them (filter). Meditation teaches us to sit with our thoughts, whatever they are. And in doing so we become more acceptant of ourselves, and maybe of others too.

**The hole in the road** - <https://www.youtube.com/watch?v=vQxTUQhVbg4>

It's hard to change something you can't see. You are so caught up in your day to day lives that your thoughts can cause you to fall down a hole. This can be repeated each day – allowing thoughts to drag us down known as an 'emotional hole'. This story demonstrates that awareness is the first step to positive change in our minds and in our lives.

**Changing perspective** - <https://www.youtube.com/watch?v=iN6g2mr0p3Q>

Learning how to meditate means accepting that our minds won't go quiet the moment we sit and close our eyes. In this animation a character is asked to sit by the side of the road and watch the traffic. The traffic represents the characters thoughts. The character becomes unsettled by the sheer number of cars, the movement of the cars so the character tries to stop the cars, maybe even chase after a few, forgetting that he is just supposed to be observing. The character has to change the relationship with the passing cars by changing his perspective and expectation.

**Elephant: Slow and Steady** - <https://www.youtube.com/watch?v=rpJYACy8Zol>

Sometimes in life we want to get everything done and finish it quickly. But an elephant is slow and steady. It keeps moving forward one step in front of the other. Meditation is about practise so that whether the elephant is travelling a flat surface, uphill, through a clear, open space or dense sticky jungle, it doesn't mind because meditation enables the elephant to carry on moving forward.

**Shared Human Condition** - <https://www.youtube.com/watch?v=-OmL4t8LEoE>

This animation helps us to recognise that we're not alone with difficult emotions. Whatever is going on, it is common to feel isolated – forgetting that although we are all different and unique, mind is mind. Sadness is sadness, same emotion but different cause. Recognising that these emotions are part of our minds and our lives.

**What are thoughts?** – <https://www.youtube.com/watch?v=7qqrZr6tPHQ>

What are thoughts? Where are they? Do they exist in the mind? If I looked, would I see them? We can conclude that thoughts are intangible; it is strange to think that something we can't see/touch can cause us so much heart ache.