



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

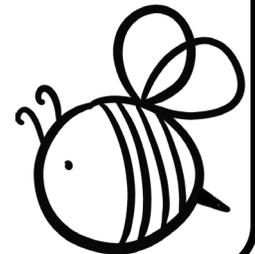
Thank you for abiding by copyright law.



www.elsa-support.co.uk



Some of the clipart used in making this resource is licensed to us from the following:





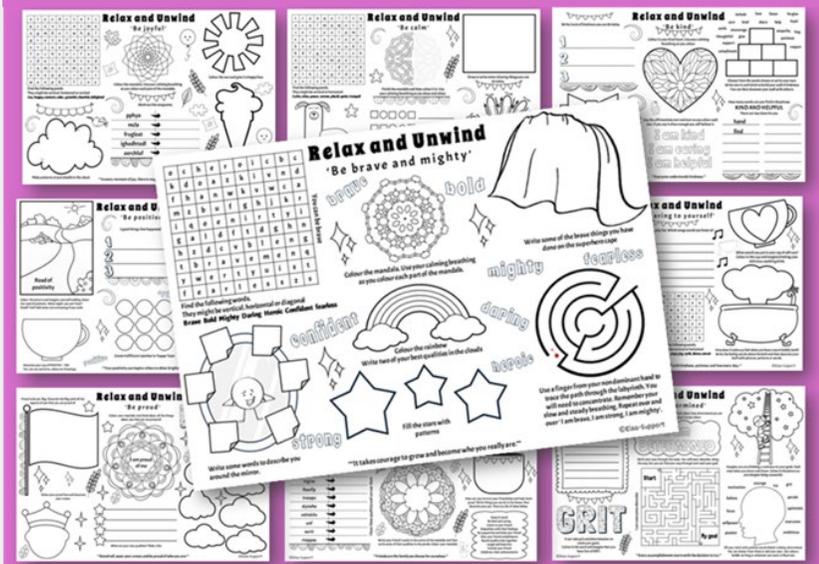
Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

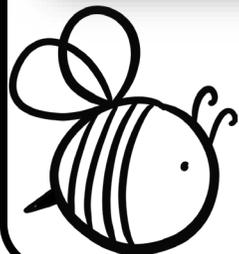
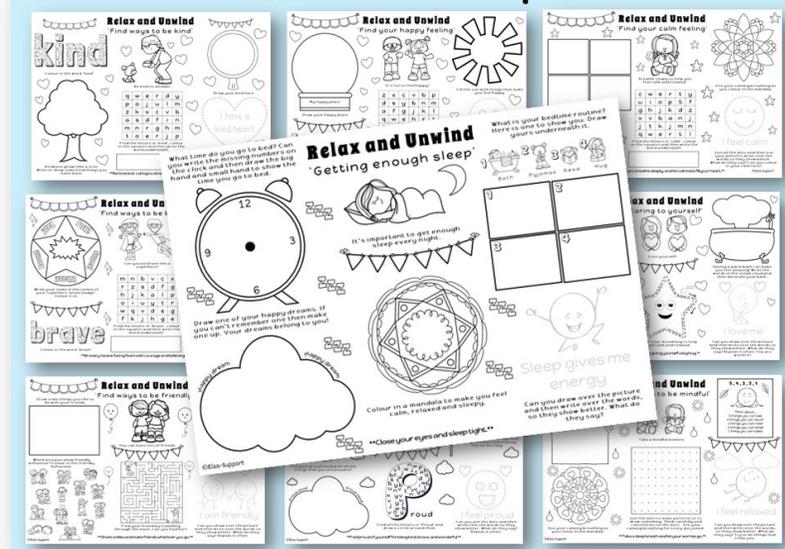
KS2

Unwind the mind mats



KS1

10 mats included in the pack



www.elsa-support.co.uk



Relax and Unwind

'Moving on'

You will find a 'school' version and a 'class' version.

This mat is a great way to end the term. It will help with relaxation and mindfulness. Pupils will enjoy colouring and answering the simple prompts.

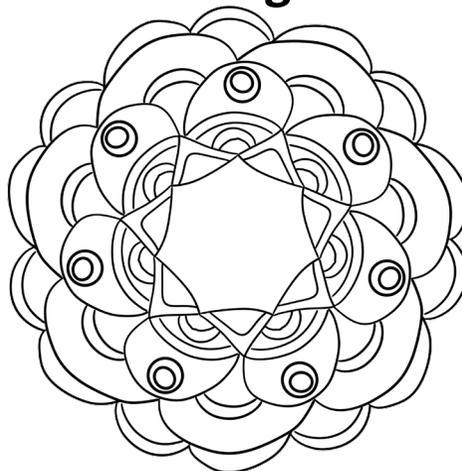
Print onto A4 paper.

Relax and Unwind

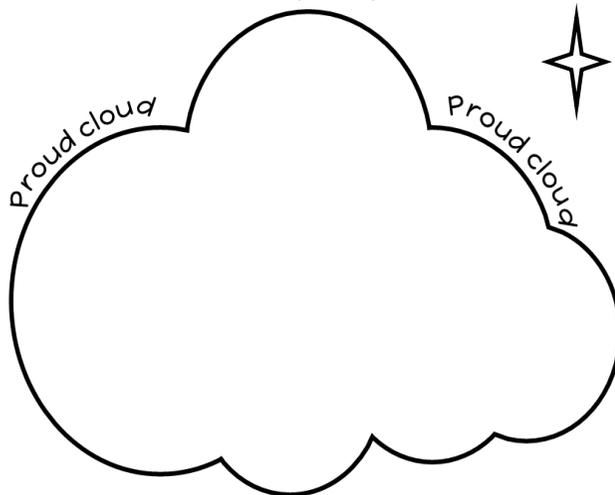
'Moving on'



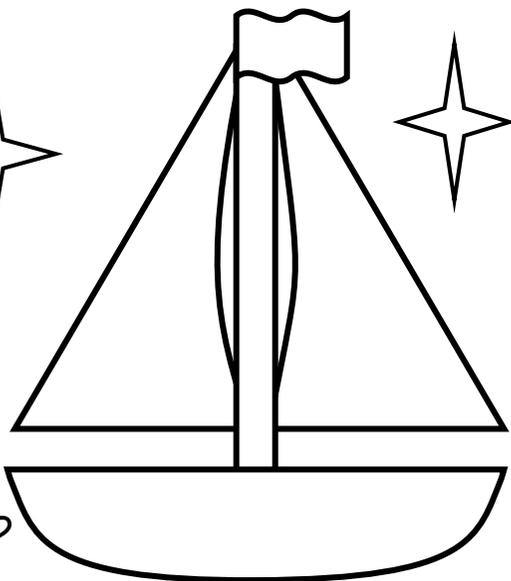
My target for next year in my new school.



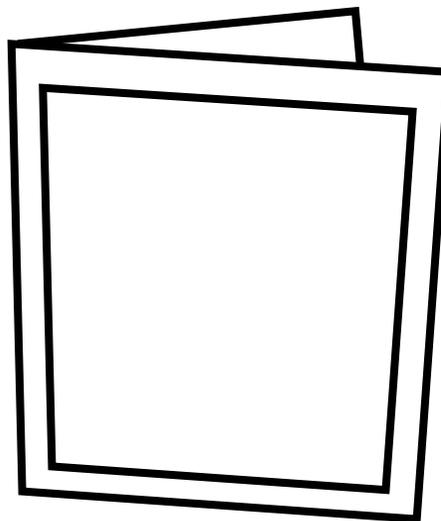
Find your calm by colouring the mandala.



Think of all your proud moments this year and write or draw some of them in the proud cloud.



Sailing to your next school
Write all the things you are looking forward to on the boat.



Create a card to someone you will miss when you move onto the next school.



Think about all the things that are exciting in your new school as you colour in the word.

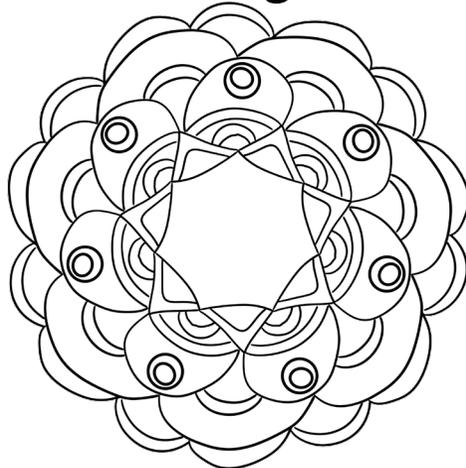
****You have the strength and wisdom to navigate this new journey.****

Relax and Unwind

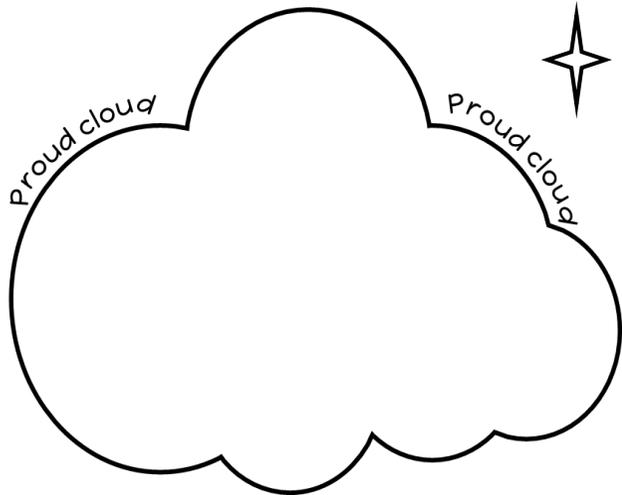
'Moving on'



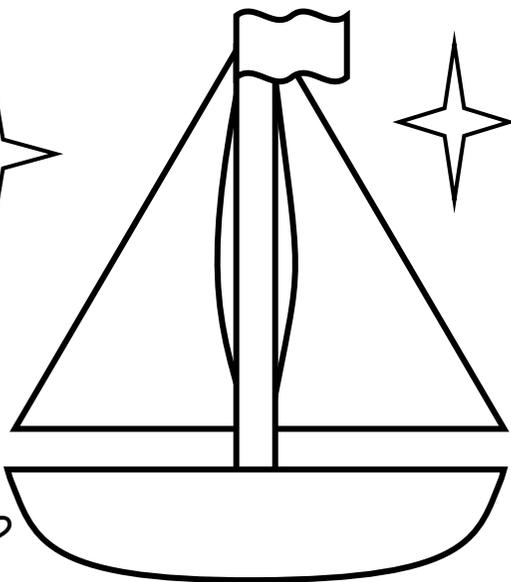
My target for next year in my new class.



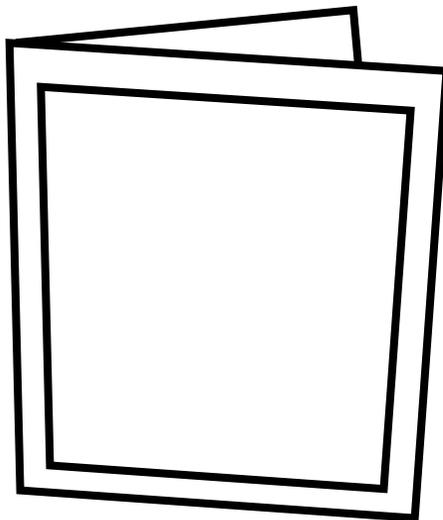
Find your calm by colouring the mandala.



Think of all your proud moments this year and write or draw some of them in the proud cloud.



Sailing to your next class.
Write all the things you are looking forward to on the boat.



Create a card to someone you will miss when you move onto the next class.



Think about all the things that are exciting in your new class as you colour in the word.

****You have the strength and wisdom to navigate this new journey.****