

Welcome to 4R's assembly

On being joyful/ happiness

Friday 11th June

What makes 4R happy?

Please click on image for video



But we can't be happy all the time...



Please click on image for video two.



1. Gratitude

Please click on image for video

Gratitude turns what we have into enough. Aesop

2. Doing something kind for others...

Doing something kind for others not only makes us happy but also makes them happy too.

Even just smiling at someone can make their day brighter.

Maybe ask someone to join in a game at playtime if they are by themselves or do a job for your parents at home without being asked.

Did any of you earn any 'compassion credits' after 6R's assembly?



3. Mindfulness



4. Becoming aware of your inner critic

Are you aware of your inner critic? I.e. those negative voices in your head that might tell you that you're not good enough.

CAN'T WORTHY PERFECT
WORTHY PERFECT
WOBODY
LOVES
ME
MAKE A
ENOUGH
MISTAKE
ENOUGH
MISTAKE

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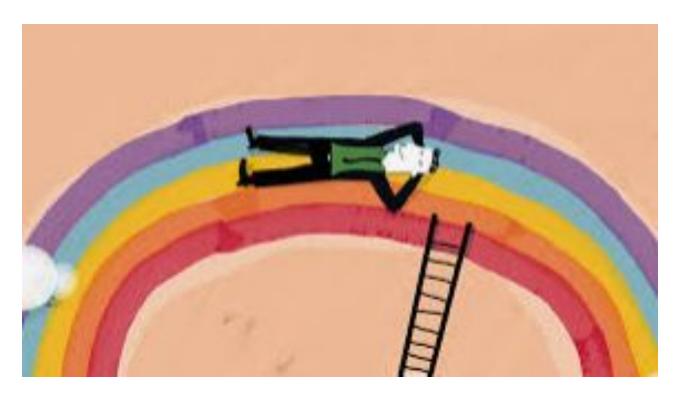
for video

What can we do to quieten our inner critic?

If you don't work to quieten your inner critic then it can sometimes hold you back from achieving your best.

- 1. The first step to silence your inner critic is to become aware of your inner critic and to notice what it says to you.
- Create space between you and your inner critic by giving your inner critic a name or perhaps even make them into a silly character.
- 3. Challenge your inner critic. Is there any evidence supporting the message?
- 4. Show compassion for yourself by responding to the inner critic as a kind friend would.

'Your happy place' By Helene Pam, read by Emilia



Please click on image for video



Through inner reflection you've planted new seeds, and now understand what true healthy growth needs.

You know that real beauty comes from a deep place, and life holds more meaning than winning a race.

Our world is connected; that's something we share, and love and compassion can spread everywhere.

You're born with a purpose and not to fill space. So shine and spread light from your bright happy place.

- Helene Pam

Please put your hands together...



Lord, Today is a day I choose happiness and peace. I choose to be centered and grounded in you. I am grateful for my life that you have filled with many blessings. Please help me to go through my day with grace and love.

Some music...



Awards

