

Mathew's Monologue

Aren't Parents strange? They always want the best for you, but sometimes they forget that you're unique people with interests of your own, which don't always appeal to them. In Mathew's monologue, he definitely felt pressure from his mother didn't he? Have you ever felt stress and pressure similar to Mathew? I wonder what's going through his head?

The future? Pleasing his family? Exam pressure? Frustrated that he doesn't know the answers or understand the work?

Mathew clearly didn't want to disappoint his mother. Do you have any suggestions for how Mathew might tell his mother that he doesn't learn in the same way as her, or think the same as her, or that he's generally not the same at all? What would you do if you were in the same situation as Mathew?

It's obvious that Mathew feels frustrated when he says:

**THE WORDS DON'T SEEM TO STICK IN MY HEAD...
I DO CONCENTRATE – I TRY TO ANYWAY...
I DON'T KNOW! I DON'T UNDERSTAND AND I DON'T KNOW!**

- How do you learn best? Everyone is different and we need to find the way **YOU** work the best. Some learn best when seeing something or hearing the information, or even saying something to yourself over and over again.
- Let's write a note to Mathew's mum explaining to her that Mathew feels stressed and can't remember things under pressure? Is there a better way for Mathew to learn?



Conscience Tunnel

How about helping Mathew to understand his feelings better?

- As a class, stand in two straight lines about a metre apart, facing each other, creating a tunnel with your arms.
- One child will take on the role of Mathew and the character will pass between the lines, under the tunnel.
- As "Mathew" travels through the tunnel, everyone should say adjectives. or words that describe the feelings they imagine Mathew is feeling.
- Mathew's character then walks again through the tunnel and this time, give suggestions of what Mathew might say to his mother to help her understand how he is feeling. Give Mathew the best possible help.

Mindfulness Methods

Everyone can feel stressed sometimes. Have you ever felt unable to control your feelings? Doing these mindfulness and relaxation techniques might help you deal with the feelings and take a break.

Method 1: Breathing Petals

Sit comfortably. Make sure your feet are on the floor. Notice the weight of your body on the chair and the weight of your feet on the floor. Focus on your breath. Do you breathe fast? Do you breathe slowly? Where can you feel your breath in your body? You don't need to change the way you breathe. Now, with your hands, bring your fingers to meet each other and then open them like the petals of a flower opening and closing.

Breathe in – Fingers close

Breathe out – Fingers open

Method 2: 5 Finger Breathing

Start by sitting comfortably with your hands on the table or on your lap. Focus on your breath. Do you breathe fast? Do you breathe slowly? Where can you feel the breath in the body? There's no need to change the way you breathe. If your mind wanders, then concentrate on drawing your attention back to your breath.

Lift one hand up to face you. Use the first finger of your other hand to traverse, along the edge of your hand, following the flow and rhythm of your breath. When breathing in, move your finger up. When breathing out, move your finger down. Let your breath tell your finger how fast or slow to move.

Drawing a Picture

Collect coloured pens and a piece of plain paper, and draw the outline of a person in the middle of the paper.

1 Around the outline of the person, write down all the things that might make you feel stressed / frustrated.

2 Now in a different coloured pen, think how do you FEEL?

3 Next with a different coloured pen again, put a spot WHERE on the body you're feeling the stress / frustration?

4 And finally in a different colour - What makes you feel better when you feel this way? Consider: What have you learnt from this exercise? What can you do differently next time you feel like this?this way?

Consider: What have you learnt from this exercise? What can you do differently next time you feel like this?