



## Project based learning **PRIMARY** 1-3



Project topic:  
How can we create a calm,  
safe learning environment?

### Tasks to be completed:

- Listen to different types of music to establish which genre makes us feel calm.
- Research and test different breathing techniques.
- Build in daily short bursts of relaxation time to help us 'reboot'.
- Create a 'calm down' sensory bottle to soothe a fizzy brain.
- Try out different mindfulness techniques such as rhythmic movements and yoga.