



Happy Place



Happy Place

Today we assemble in our form and rather than say a prayer we are going to calm our mind and body.

- Ready to pause.
- Ready to show respect.
- Ready to think of others.
- Ready to control our own emotions.

Your tutor will play the first 3 mins of this calming video

- <https://youtu.be/ZToicYcHI0U>
- 10 mins- tutors use 3mins

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For this week's PSHE slot your tutors have been given some homework to prepare. It's a session with a difference.

- They have been asked to listen to a podcast.
- This podcast is 59 mins long.
- They must let you know what the podcast was about and then select the five most important messages/take outs.
- Your tutors will be able to give you their own practical examples, so these messages are useful to you too.

To be happy you must:

1. Let go of what's gone.
2. Be grateful for what remains.
3. Look forward to what's to come next.



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The podcast is hosted by Fearne Cotton who is an English television and radio presenter. She has presented television programmes such as Top of the Pops and the Red Nose Day telethons. In 2007, she became the first regular female presenter of the Radio 1 Chart Show, which she co-hosted with Reggie Yates for two years. She has written several fab wellbeing books and is founder of The Happy Place Festival.





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Joining Fearne is Jake Humphrey-

Jacob John Humphrey is an English television presenter and journalist, best known for presenting CBBC's BAMZOOKi, and BBC Sport's coverage of Formula 1 Grand Prix from 2009 until 2012. He is the main presenter of BT Sport football coverage, Director of Whisper Films, and hosts the High-Performance Podcast.

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- The full podcast can be reached by following the link below.
- Please excuse the advertisements at the start and a few little 'surprise words'!!
- <https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

I don't want a
perfect life,
I want a happy life.



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When you manage to listen to the podcast, ask yourself these two simple questions-

Q-What did you think of your tutor's summarising?

Q- What are your 5 main 'take-aways'?

