

CATCH YOUR THOUGHTS

On Wednesday (29th August 2012) four year five students went to Heathcote High School for one day to experience and learn what it was like to be a good leader. We arrived at 8:30am and we started at 9:00am. Once we were all settled in there was an introduction speech where we were welcomed and were shown a brief summary of the day ahead of us. Mr J Walters (the organiser of the day) also introduced us to our teachers and tutors for the day.

Our first lesson on how to be the best leader that we could was Catch Your Thoughts or CYT. Our teacher for this was Mrs K Wade. In this session we started off with a little bit of science. We learned about a scientist who did different experiments with water, taking samples from different parts of the earth and playing music to it, even talking to it and he found that the soothing more positive, peaceful things made beautiful water crystals rather than heavy discouraging things.

Then we went outside and did an experiment of our own. We got two paddle pop sticks each and stood in two lines facing each other. We put one paddle pop stick in front of us and the other we kept in our hands and then we jumped as far as we could and placed the paddle pop stick where we landed. Then we walked back to our first paddle pop stick and closed our eyes, we imagined that we were in the Olympics and could jump as far as ten metres. We bent our knees and bent our arms and then we jumped. Most of us landing further than our first attempt.

Then we come to Catching our thoughts, this lesson was all about learning how to always stay positive. And Mrs K Wade told us about her experience with this procedure, and it went something like this...

'When I found out this procedure I made cards that had the letters CYT, I made heaps of them and stuck them everywhere, in the car in the kitchen on the bathroom mirror, on my drawers, everywhere. And every time I saw one of those cards I'd go 'oh what am I thinking is it good or is it bad', so I'd challenge my thought than if it wasn't a happy or nice thought I'd choose another thought and change it. And after a while I became a much happier person...'

So she told us this story and then got us to close our eyes and just listen to the sound of her voice. So we did and she told us to pretend to ride our breath going out of our mouth and into our heart, (she wanted us to be able to feel the feeling of love, not just think it but feel it,) and then she asked us to step off our breath and into our heart where we were to imagine something or someone we love. To be in the golden clouds of pure love with that something or someone we love...

Keep your head in the sunshine and you will never see the shadow: Helen Keller