

Appendices

Appendix A:

Date and time, year group: Online video. Accessed: 30th September 2023

Where and When: In a classroom, seemingly at the beginning of the school day during form time. Class sat in rows with the teacher at the front of the class.

What happened: Teacher instructed the class that they were going to engage in a five-minute meditation video. This was then projected onto the board with visuals and a voice. The class either closed their eyes, stared at the wall, or put their heads on tables. The teacher also engaged in the activity.

Areas of possible exploration:

- Humanistic approach
- Emotional literacy
- The four purposes – health and well-being
- Resilience & Mindset
- The 'flow' theory.
- Maslow's hierarchy of needs

Notes: It appeared to be a very calm environment and an activity that the children were familiar with taking part in.

Appendix B:

Date and time, year group: Immersive room – Primary School Class. Date accessed: 20th September 2023.

Where and When: Class sat in tables. One teacher at the front of class. A mixed ability class with the tables grouped in different abilities.

What happened: The teacher was operating a 'no hands up policy'. When asking questions, lots of children were eager to put their hands up, however the teacher 'cold called' names. There was a group of high ability children sitting at the back table who were seemingly disengaged. They were all given different types of shoes as an activity. The group at the front were analysing the shoes in a very basic/simple way. The teacher tried to put on a quiet 'whisper' voice – this was then mimicked by the children and the noise levels reduced.

Areas of possible exploration:

- The no hands up policy.
- Differentiation – high ability group seemingly disengaged.
- If you have your hands up, are you an active listener?

Notes: it is a very busy classroom with lots of activity. Tables grouped into abilities

Appendix C:

Date and time, year group: Immersive room, secondary school classroom. Date accessed: 20th September 2023

Where and When: A maths lesson. Children were welcomed in by the teacher and sat in rows. Welsh medium class.

What happened: Due to the lesson being in welsh medium, I could only go off body language and what I witnessed happening visually. The class were given whiteboard pens and one boy was missed out. He had his hand up for quite a while before the teacher realised and then gave him a pen. Some of the class on the right hand side of the room seemed disengaged in the lesson

Areas of possible exploration:

- Welcoming class into the room – what atmosphere this creates
- Seating plans – sitting the class in rows

Notes: It was very difficult to find out what was going on in this class as it was spoken in Welsh