



# EMOTIONAL FIRST AID PLANNING – EARLY YEARS & YEAR 1

WEEK 1 – Supporting positive new beginnings!

Week	TOPIC SUGGESTIONS	LESSON PLAN	REFERENCES
<b>Beginning</b>			
<b>Wk 1</b> b.1/6/20 Activities	My Favourite... (Ref a)	how to feel part of a group – A game of favourite things – class teacher rolls dice (?) with the game on the screen. Teacher led activity.	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Favourites-game.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Favourites-game.pdf</a>
	Back to school questionnaire (Ref b)	Recommend Year 1 – Children to complete and colour in.  Early years – teacher led activity for discussion	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Wellbeing-questionnaire-back-to-school.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Wellbeing-questionnaire-back-to-school.pdf</a>
	Friendship Soup (Ref c)	Children have a cauldron template and in the rising bubbles put the best qualities of a friend – kind, caring etc after a discussion	<a href="https://www.elsa-support.co.uk/downloads/friendship-display-item-350/">https://www.elsa-support.co.uk/downloads/friendship-display-item-350/</a>  Emotional first aid – <i>friendship soup</i>
	Friendship booklets	make a booklet to think about the qualities of your friend.	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Friends-little-booklet.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Friends-little-booklet.pdf</a>
<p>Mindful Moment! Mindful way to wash your hands! How does washing your hands really feel? Slow down and feel the flow of water. Watch the water flow. Feel the soap. How does it feel in your hands? Feel the paper towel you dry your hands with. Take your time and enjoy it! You have just learned to pay attention better!</p>			
<b>Information</b>	<b>While we can't hug story</b>	2:00 mins duration – suggestions of how we can show love You tube animation with Hedgehog and Tortoise	<a href="https://www.youtube.com/watch?v=2PnnFrPaRgY">https://www.youtube.com/watch?v=2PnnFrPaRgY</a>

<b>Information</b>	Dr Michelle Dickenson (Nano girl) explains the coronavirus	4:09 mins long	<a href="https://www.youtube.com/watch?v=OPsY-jLqaXM">https://www.youtube.com/watch?v=OPsY-jLqaXM</a>
<b>Back to school book!</b>	Superheroes to explain how things will be back at school now.	On- line story – good for discussion	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf</a>  There is a previous version of this in case we go back into lock down.
	How are you feeling?	Simple chart for 5s and under	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Emotional-register-under-5s.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Emotional-register-under-5s.pdf</a>
	Take away bag	Worksheet activity to recall good memories From lock down	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Takeaway-bag.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Takeaway-bag.pdf</a>
	Sunny smiles	Worksheet – children draw a big smiley face and draw pictures around the sun all the things that make them laugh	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Sunny-smiles.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Sunny-smiles.pdf</a>
	Anxiety thermometer	Year 1 To self – regulate	<a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Anxiety-thermometer.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Anxiety-thermometer.pdf</a>
Drama	Games and activities to spark social distanced creativity	50 activities to complete in the classroom	<a href="https://www.twinkl.co.uk/blog/50-drama-games-and-activities-to-spark-social-distanced-creativity?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=newsletter_2020-05-31_GB-ENG_teachingassistant&amp;utm_content=custom8">https://www.twinkl.co.uk/blog/50-drama-games-and-activities-to-spark-social-distanced-creativity?utm_source=newsletter&amp;utm_medium=email&amp;utm_campaign=newsletter_2020-05-31_GB-ENG_teachingassistant&amp;utm_content=custom8</a>
Books online	Coronavirus book for children	You tube voice over version of coronavirus explanation story for children 17.59 minutes	<a href="https://nosycrow.com/blog/actor-hugh-bonneville-to-voice-audio-for-nosy-crows-coronavirus-book-for-children/">https://nosycrow.com/blog/actor-hugh-bonneville-to-voice-audio-for-nosy-crows-coronavirus-book-for-children/</a>
	The Cloud and the rainbow	The NSPCC book read by Ezer Ransen	<a href="https://www.youtube.com/watch?v=oZHDMRZJX5Y">https://www.youtube.com/watch?v=oZHDMRZJX5Y</a>

	COVIBOOK	Activities can be taken from the story – worksheet on emotions and a drawing page ‘How do you feel?’  Nursery/ reception children	<a href="https://www.mindheart.co/descargables">COVIBOOK</a> (translated into 21 languages) <a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a> Find the pdf for English version
	Relaxing music	8 mins each one – lots to choose from	<a href="https://www.bbc.co.uk/cbeebies/radio/calming-sounds">https://www.bbc.co.uk/cbeebies/radio/calming-sounds</a>
Meditation	Breathing		<a href="https://blissfulkids.com/mindfulness-games-for-kids-baby-shark-breathing/">https://blissfulkids.com/mindfulness-games-for-kids-baby-shark-breathing/</a>
	Wandering minds	Puppy Minds – (3:02) duration.	<a href="https://www.youtube.com/watch?v=Xd7Cr265zgc">https://www.youtube.com/watch?v=Xd7Cr265zgc</a>

#### Mindful activities....

1. Find your breath- take three slow, mindful breaths right now. Feel each breath from start to finish. Take it slow and put all of your curiosity into it. Can you feel your breath at your nose, tummy or chest? Feel your chest go up and down. Feel your chest expand and contract. Can you feel your breath at the tip of your nose? How did this exercise make you feel?
1. Put your hands on your tummy and count every time your chest goes up and when it goes down. Like this ... Tummy goes up – one. Tummy goes down – two. Ans so on, all the way to ten. See how paying attention to your breath makes you feel? How do you feel afterwards? When your angry or sad, take 10 mindful breaths and see if it makes a difference.
2. Fill an idea page....What are the best way for you to calm down and relax? Maybe yoga. Perhaps drawing? Write your ideas down on this ‘coping’jar. When difficult emotions become too much to handle, remember your ‘coping jar’.

#### Mindful activity end of session....

1. Think a happy memory – close your eyes and remember a time when you felt happy. Maybe someone was kind to you. Perhaps you got a smile from a friend or your pet was happy to see you. Remember a wonderful moment like that. Simply close your eyes and bring it into your mind. What did you see and hear? Did you laugh or smile? Who was there? Notice how you feel when you remember the memory?
2. Send kind thoughts – Close your eyes and bring someone you really like to mind. Imagine them smiling at you. Say to them ‘May you be healthy and strong’ May you be Happy, May you be peaceful. Notice how your mind and heart feel when you do this. Notice how your body feels. Now try a self hug and send kind thoughts to yourself and say ‘May I be healthy and strong. May I be happy. May I be peaceful. How does this make you feel?
3. As you leave think of the things you feel positive about or are grateful for. Things like a friend who makes you happy, your family, a pet, the warm sun on your face and your favourite food. Spend a minute or two thinking of the things you are thankful for. How does this make you feel?

**Exploring how different emotions feel.....**

See how it feels inside when you slowly hear these words and spend at least 10 seconds with each word: Happy, Sad, Excited, Mad, Stressed, Bored, Loving, Anxious, Worried, Scared, Jealous, Quiet, Silly, Peaceful. Can you feel the difference?

**Recognise at least one strong emotion today....**

It might be anger, joy, excitement. See if you can feel your emotion in your body. Can you feel butterflies in your stomach when you are nervous or excited.. maybe coming back to school today? How does your face feel when you are happy? When you are upset how does your tummy feel and how do your muscles feel? How does your body feel when you are angry?