



EMOTIONAL FIRST AID PLANNING – NURSERY – YR1

WEEK 2 – Social distance but not emotional distance!

Week Beginning	TOPIC SUGGESTIONS	LESSON PLAN	REFERENCES
	-Talk about your feelings	<p>Everything we do and every thought we have comes with a feeling. Sometimes those feelings feel good and sometimes they feel nasty. Some feelings are strong and some are weak. We hardly noticed the weak ones. When we feel something, we can choose what to do about that feeling. Sometimes we decide to ignore it and it goes away, but other times it takes over and we cannot think about anything else. When you get a feeling it is really good to work out what it is!</p> <p>https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Talk-emotions.pdf</p> <p>Think and draw emotions – think about each emotion and draw something that made you feel that way.</p>	
Sing songs	Recognising feelings	<p>A printable version of emotion faces to go with a version of 'If your happy and you know it'</p> <p>If you're surprised and you know it, say "Oh my!"...</p> <p>If you're sad and you know it, rub your eyes "Boo hoo"...</p> <p>If you're scared and you know it, shiver and shake....</p> <p>If you're angry and you know it, stomp your feet...</p> <p>If you're silly and you know, make a funny face...</p> <p><i>I always end with a "happy" verse again!</i></p>	<p>https://sunflowerstorytime.com/2015/04/28/feelings-faces/</p> <p>super simple learning if you're happy lyrics</p> <p>You tube version – If you're happy and you know it with emotions.</p>

Activities	Zones of regulations	The Zones approach uses four colours to help children identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation. Discussion activity	Zones of regulation – Emotional first aid folder What will help when I feel I am in need of the rest area? Eg – close my eyes, stretch and stand What will help me when I am ready to be in the go area? Eg – drink water, focus What will help me when I go in the slow area? Eg – finger breathing, count to 10 What will help me when I go in the stop area? Eg – listen to music, mindfulness activity
	Feelings dice	Use emotion faces to make a dice / pull out of a bag? And the children act out the emotion.	
	Drama activities	Games and activities to spark social distanced creativity 50 activities to complete in the classroom	https://www.twinkl.co.uk/blog/50-drama-games-and-activities-to-spark-social-distanced-creativity?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_2020-05-31_GB-ENG_teachingassistant&utm_content=custom8
	Feelings tree	Recognise different emotions and glue on to the tree template	Tree template – Emotional first aid folder Emoji faces – Emotional first aid folder
Story	Audio book with how you feel.	The Colour Monster – ‘A story of Emotions’ Dur: 4:13	https://www.youtube.com/watch?v=PWujGPb6mgo
Story	How are you feeling today?	What a feeling ‘feels’ like and what you can do when you are feeling it!	Laminated sheets of x5 emotions – happy, angry, sad, excited and worried – please How are you feeling today chart – Emotional first aid folder Or feelings strip – Emotional first aid folder

Craft	Affirmation bracelets	Make your bracelets from strips of card and decorate with emoji faces – keep in children’s pack	Emoji faces – Emotional first aid folder
Art on You tube How to draw	Draw with Rob Biddulph	You tube – or his website	Just google on you tube and he has lots of 10 mins videos that can be paused and played as children learn to draw all kinds of cartoon animals and creatuers.
	Laughter therapy	Youtube	Twinkle Little Star – laughter for kids – preschool, K3 Using animals – e.g. ‘up above – an owl’
Mindful activities	Walk on a rainbow The mindful list	Purpose – Awareness of surroundings and details, Focus, Calm Purpose: Body awareness, Focus, Calm	-Before you begin remind the children of the colours of a rainbow (red, orange, yellow, green, blue, indigo, violet). Then step outside for a walk. Throughout the wawk, ask the children to find something to represent each colour of the rainbow. The children could draw what they see during the walk or afterwards. To help children tune into their senses for a short while. (good for focus and to help calm down) Ask the children to clench their fists tightly for 10 seconds and pay attention to how it feels. After 10 seconds, ask the children to release their hands and to pay attention to how their hands feel.
	Mindful arms	Purpose: Body awareness, Mindful movement, Focus	This exercise will let the children focus on this one body movement that they perform many times a day. With children sitting, have the children slowly raise one arm in the air. Talk them through the movement and work that their muscles are doing and ask if they can feel their body working. Have them leave their arm in the air for a few minutes, asking them to describe/or offer them descriptions of how their arm feels – does the arm feel warm? Or heavy? Is it starting to shake or become difficult to keep in the air? Can they feel the strength of their muscles supporting it. When finally they let their arm lower – ask them to

			describe how it feels now and compare how it feels now to the way the raised arm felt.
		Simple Simon:	Amusing examples: <ul style="list-style-type: none"> • Simon says play air guitar. • Simons says waddle like a penguin. • Simon says cry like a baby. • Simon says tickle your feet • Simon says giggle • Simon says freeze
<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>			
	Wandering minds	Puppy Minds – (3:02) duration.	https://www.youtube.com/watch?v=Xd7Cr265zgc
<p>Mindful activities...</p> <ol style="list-style-type: none"> 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'. 			
<p>Mindful activity end of session...</p> <ol style="list-style-type: none"> 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 you tummy feel and how do your muscles feel? How does your body feel when you are angry?