



EMOTIONAL FIRST AID PLANNING – NURSERY – YR1

WEEK 3 – Let it go!

| Week Beginning 15/06/20 | TOPIC SUGGESTIONS | LESSON PLAN | REFERENCES |
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| Activities | Wash your hands! | Sing- a – long version with Peppa Pig Recommended by WHO | https://www.youtube.com/watch?v=zAnSkaPgviY |
| | Talking about Emotions | Talking to children about emotions and naming them. A really good walk through with clips how to address emotions with children and some activities. Discuss when the children felt the emotions and what they could do to make themselves feel better – | https://www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions https://www.bbc.co.uk/cbeebies/joinin/help-children-cope-with-emotions Reception and Year 1 Semi circles of paper – children make their own emotion faces. https://www.bbc.co.uk/cbeebies/makes/feeling-better-feelings-mask |
| | Virtual Worry lanterns | Feelings can be difficult to understand and hard to let go of. Sometimes it's easier to write them down so this interactive virtual game lets children create lantern, write a worry, add a stamp and let it float away! | https://www.healthforkids.co.uk/game/lanterns/ |
| | Dealing with Worries | Design your own worry monster and make a list of what your worries are on the back. | https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf Templates available at emotional folder – worry monster template. |
| | Draw your happy place | Ask the child if they can visualise their place. What colours can they see? What can they hear? What can they smell? What can they feel? | https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Happy-Place.pdf |

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| | | What can they taste? Help them to use all of their senses to visualise that happy place. | |
| | Friends and family paper chain | Children either use the template or make their own paper dolls and decorate them to represent family, friends and pets – stick them together to see how unique their families are and how they are connected. | Emotional first aid folder – person outline template. |
| | What I can control... | Use the script to help the children either discuss each action or they can make their own or complete the worksheet | Emotional first aid folder – What I can control – younger years |
| | Gratitude What can I be grateful for? | Discussion point for gratitude – an engaging mindfulness activity to help you connect, boost feel-good hormones and practice gratitude together with classmates. | Emotional first aid folder – what can I be grateful for? |
| | Breathing | Star breathing – template for children to practice their breathing technique. You can also use your fingers as the star. | https://www.elsa-support.co.uk/wp-content/uploads/2019/12/Star-breathing.pdf |
| Mindful moments | The mindful smile | <p>Purpose – body awareness, focus and calm</p> <p>Children sit in their seats and close their eyes if they want to. Explain that it is best to focus on their smile when you ask them a question – you do not want them to answer with their words.</p> <p>Guided script:</p> <p>Take a deep breath and pay attention to your body. Slowly turn your mouth up into a smile – a normal smile you might give to someone you like. You can pretend that you can see someone you like – that someone smiles back at you! You smile back. If this feels funny that is great. Notice how your lips feel, are your lips closed together? Or apart – just notice. Is your mouth open? How does your mouth and tongue feel? Where is your tongue placed? Now pay attention to your cheeks. How does your smile make your cheeks feel? Does your smile push them up? Are your cheeks warm or cool? Pay attention to your eyes. Does your smile change anything about your eyes? Do your eyes</p> | |

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| | | <p>feel like they are smiling? Do your cheeks push the corners of your eyes upwards? Have you noticed that sometimes when someone smiles at you it makes you smile too? You could start the day with a smile like this or go to sleep smiling! Wouldn't that be fun to try out?</p> |
| | <p>Dance! Dance! Dance! You will need different types of music. All around 1 min https://www.youtube.com/watch?v=WUXEeAXyWCY relaxing music https://www.youtube.com/watch?v=9b81mWYlyTo African folk music https://www.youtube.com/watch?v=xXbMPc-ETmo Jazz https://www.youtube.com/watch?v=Miv6r8GJDc Disney – slightly scary(!) score from dwarfs chasing the witch in Snow white</p> | <p>Purpose – body awareness, mindfulness of emotions and focus.</p> <ol style="list-style-type: none"> 1. To begin with ask the children to listen to the music for a while. Then ask them to move with the music slowly, and finally to dance it they wish. 2. Tell them to feel the music and pay attention to how the music makes them feel as they move. Ask them if they can feel the music in their body 3. After each song ask the children how it made them feel and if they can pinpoint where they felt the emotion. In their hands, tummies, head ? 4. When all the songs are finished ask if there was a difference in how the songs made them feel? |
| <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'. | | |

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 you tummy feel and how do your muscles feel? How does your body feel when you are angry?