




EMOTIONAL FIRST AID PLANNING – NURSERY – YR1

WEEK 4 – Keeping well!

Week Beginning 22/06/20	TOPIC SUGGESTIONS	LESSON PLAN	REFERENCES
	Well-being – general outline	<p>Over the previous weeks we have focussed on Emotional first aid. We have used some of these points below as a focus but are now concentrating on all the things that support Good Mental Health in general. These will include:</p> <ul style="list-style-type: none"> • Getting enough sleep • Eating Healthy food • Learning how to relax & switch off • Connect with friends and family • Learn new things • Help others whenever you can • Exercise each day • Talk about your feelings • Be mindful and take notice of what is happening around you • Be thankful for all the things you have • Set goals for yourself and embrace your wishes and dreams • Challenge any negative thoughts • Learn how to smile more • Ask for help if you have a problem • Have fun and laugh! 	
	The way I feel – Audio story read on You tube	Reading of this book that deals and validates all the different emotions we feel.	https://www.youtube.com/watch?v=ITPUxVQ6UIk
	Strong emotions - Anger	Check in with emotions worksheet and what makes the child feel angry. Complete this thermometer style scale of escalating feelings. Get the children to fill this in and think of a coping	Emotional first aid – Emotion check in.

		strategy to go with each stage. The second sheet gives some suggestions.	
	Goal setting	5 a day for well being A rainbow colouring sheet for a good reminder of the things you need to do to help your wellbeing. These things need doing daily. Included are some small rainbows too so children can colour them in as they achieve each one every day.	Emotional first aid – Rainbow wellbeing
	Embracing wishes and Dreams	A worksheet to record x3 things the children are already good at and a wish for a future dream/goal. First, the child comes up with 3 “Stars,” or things they <i>already do well</i> . This can be anything from running fast to solving <u>math problems</u> to comforting their friends when they’re feeling sad. Talk to the children about HOW they became so good at these “Stars.” Did they have to practice? Did it take them time to <u>learn</u> ? Or did they magically acquire these skills overnight? Next, have your child come up with a “Wish.” The “Wish” is something that your child needs or wants to work on (a <i>goal</i>). Ask your child WHAT they can do to help make their wish come true. Explain to her that this isn’t chance; it’s choice. They can <i>choose</i> to take steps that will lead to the fulfilment of their wish.	Emotional first aid – 3 stars and a wish

	Dream Big!	<p>Asking children questions about what they would like to accomplish is a standard component of the goal-setting process.</p> <p>However, you can get creative and make the process more enjoyable with fun questions like:</p> <p>What would you do if you won the the FA cup, Singing competition, Olympics?</p> <p>What is your biggest dream?</p> <p>If you had a superpower, how would you use it?</p> <p>If you found a genie and could ask for three wishes, what would you wish for?</p> <p>Some of these questions may prompt unrealistic answers from the children, but you can help them tweak them to be more achievable.</p>	
	Learning new things... Sign Language (everyday greetings) (mealtime signs)	Use these youtube clips to learn these signs.	https://www.youtube.com/watch?v=se4kobRFSgg https://www.youtube.com/watch?v=nAcCLo7gdeE
	Learning new things ...Origami	Learn a new skill - Make a boat or a chatter box. – Year 1	https://www.youtube.com/watch?v=hiAWx8odStA 3 mins https://www.youtube.com/watch?v=cETo9tiedx4 8 mins with vocal instructions
	Dental hygiene	Brushing your teeth song! 1mins 20	https://www.youtube.com/watch?v=bKBM_h2gMiM
		Happy tooth and sad tooth – sorting game. Cut out the different foods and stick on the happy or sad tooth.	 <p>Emotional first aid folder – healthy & unhealthy food pictures</p> <p>Worksheet with food pictures and a happy and sad tooth.</p>
	Brushing teeth daily chart	A printable chart for children to record their teeth cleaning each week	Emotional first aid folder- I brush my teeth daily chart
	Sugar smart world	Lesson plan for making healthy food choices - interactive powerpoint	https://campaignresources.phe.gov.uk/schools/resources/sugar-smart-world-early-years-lesson-powerpoint
	Sleep – the facts	Your brain needs sleep – an explanation for the benefits of a good night sleep.	Emotional first aid folder – Your brain needs sleep
	Exercise Supermovers BBC resource	Let Mr Pumpernickel get your class moving whilst learning about maths and literacy.	https://www.bbc.co.uk/teach/supermovers/ks1-maths-collection/z6v4scw

		<p>Download the lyric sheet so children can sing along.</p> <p>This song is a great way to introduce or recap the topic and will get pupils energised.</p>	
Mindful moments	Flappy Birds and flying unicorns....	<p>Purpose – body awareness, mindful movement and focus. You can demonstrate the activity first. Explain that paying attention to our bodies helps us in many ways. When we know how to move mindfully we don't hurt people with our bodies, we don't hurt ourselves and it helps us keep a social distance!</p> <p>We learn to move mindfully by training to move slowly. This will help us when we move more quickly.</p> <p>Start by sitting down – sit still for 20 seconds and ask them to pay attention to how their body feels. Ask them to put their arms by their sides –</p> <p>Guided script...</p> <p>Slowly lift your arms as if you were a bird flying.</p> <p>Notice if your arms feel heavy or light.</p> <p>Notice if the feeling changes as you slowly lift your arms like a big bird.</p> <p>Now lower your arms very slowly, paying attention to your arms.</p> <p>Notice if your arms feel heavy or light.</p> <p>Lets try it again – this time notice what temperature you feel – warm? Cold? Hot?</p> <p>Notice if it changes when you flap your wings really slowly.</p> <p>Slowly lift your wings up and down. Get the children to say 'up' as they lift their arms and 'down' as they lower.</p> <p>Let's try again. Now fly slowly at your own pace and pay attention to any feelings in your body.</p> <p>Can you feel the strength of your muscles supporting your arms?</p> <p>Are your arms starting to shake a little?</p> <p>Is it becoming to difficult to keep up flying?</p> <p>Notice if your arms feel heavy or light.</p> <p>Notice if the feeling changes over time.</p> <p>When you tell the children to finally lower their arms and finish the exercise- how does it feel to rest their arms compared to flying?Ask them why is it useful to be mindful while we move – especially at the moment.</p>	

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