



EMOTIONAL FIRST AID PLANNING – NURSERY – YR1


WEEK 6 – Carrying on the journey

Week 6 Beginning	TOPIC SUGGESTIONS	LESSON PLAN	REFERENCES
	<p>Transitioning</p> <p>Serpentine and the Magic Bubbles by Amanda Barrass</p> <p>A newly released story that explains ‘bubbles’ , ‘pods’ and new classroom set ups.</p>	<p>‘Serpentine and the Magic Bubbles’ is a free downloadable resource for Class Teachers</p> <p>https://kernowplaytherapy.co.uk/resources/#:~:text='Serpentine%20and%20the%20Magic%20Bubbles,embracing%20a%20new%20normal'.</p> <p>Written to support young children’s emotional well-being as schools begin reopening and embracing a ‘new normal’</p> <p><i>Designed to be downloaded in conjunction with the explanatory ‘Letter to Teachers’</i></p> <p>Please enjoy this story read by the illustrator, Sarah Hercod, at https://youtu.be/IYWoeGX4dX0</p>	
	<p>Making new friends</p>	<p>Great to meet you – worksheet based on ‘all about me’ for children to fill in and take to their new class.</p>	<p>Emotional First Aid – Great to Meet You</p>
	<p>Kindness challenge</p> <p>Be the reason someone feels welcomed, seen, heard, valued and supported.</p>	<p>Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others so if you want to feel good, do good!</p>	<p>Set a challenge to encourage the class to:</p> <ul style="list-style-type: none"> • Show appreciation to those who are helping them – eg parents, friends, teachers, TAs etc

			<ul style="list-style-type: none"> • Say positive things in their conversations with others today • Do three things to bring joy to other people today • Thank a friend for the joy they bring • Help someone re-frame a worry and find a positive way to respond • Think about their strengths and focus on using them today • Look for the good in those around you
	Affirmations	I am I can..... Worksheet to complete and to be used as a reminder of self belief.	Emotional first aid – Affirmations Use the strength cards document to support the children with ideas.
	When you want to hide away!	Understanding different feelings – How you manage being happy and then what makes you want to hide in your shell and go to your safe place? An Elsa support activity to complete and validate different feelings.	Emotional first aid – Safe-place-for-turtle
	My Life journey - Resilience	A road map to remind the children when they have faced big changes in the past.	Emotional first aid – My life journey
	Resilience	Look at the different resources – choose three that you are confident you can manage yourself	Emotional first aid – Three Things I can manage...
	Staying connected	WHO highlights alternatives to handshakes, hugs & high fives.	Emotional first aid – Alternatives to Handshakes...

	<p>River to sea project</p> <p>The art room at home – River to sea project</p>	<p>The Art Room team at Place2Be and BAFTA Kids have teamed up to launch the River to Sea Project; an art project which will support children to cope with change. Although aimed at Year 6 children many of the activities can be adapted. The children could make a boat and draw a river or sea for it to sail on. Children can reflect on the last year and think ahead to the next year.</p> <p>Children can create a river flowing to the sea – they can add pictures along the river’s journey for the things they remember about the year just gone and add them to the picture.</p> <p>Children can decide what to put in their boat to see what they need to take with them for the next part of the journey. This can be memories, strengths, items.</p>	<p>https://www.place2be.org.uk/media/pugft1w1/art-room-bafta-main-pack.pdf</p> <p>The link below explains the project</p> <p>https://www.place2be.org.uk/about-us/news-and-blogs/2020/june/the-art-room-and-bafta-kids-launch-project-to-support-pupils-with-move-to-secondary-school/</p>
	<p>River to sea project</p>	<p>Templates for children to record their thoughts on the transition journey. Include what worries they may have, what they are excited about, what their hopes are etc</p>	<p>Emotional First Aid – Boat seascape 1 – BAFTA kids</p> <p>Emotional First Aid – Boat seascape 2 – BAFTA kids</p>

	Children's Art Week 2020	<p>Children's Art Week 2020</p> <p>In 2020, Children's Art Week will take place online, at home and in schools from 29 June – 19 July 2020.</p> <p>Each week will focus on a special theme (Week 1: The Natural World, Week 2: Connecting across generations, Week 3: Literacy and creative writing)</p>	https://engage.org/
	Mindful activity	Labyrinth – a finger labyrinth maze to trace with the children's fingers – this can help calm and soothe. Children can use dominant and non-dominant hands. Can be re-used as part of a well-being tool kit.	Emotional First Aid – Mindfulness Finger Labyrinth
	Books for starting school	I am too Absolutely Small for School (Charlie and Lola) by Lauren Child	https://www.youtube.com/watch?v=XgbDO-gX9pM Lauren child 6:28
	Unravelling a problem	A visual tool to remind ourselves that our problems are always more manageable when we give ourselves a little bit of time to unravel them first. This allows us to separate the different strands and prioritize our focus.	Emotional first aid – Unravelling a problem
	Goal setting	<p>A visual reminder that every goal consists of a series of smaller steps.</p> <p>A visual aid to help children learn to cut down large goals into smaller steps. A tool to focus on the small</p>	Emotional first aid – My goal

		successes and to remind ourselves that they all lead in one direction.	
<p>Mindful activity</p> <p>Cloudy or sunny</p> <p>Purpose understanding emotions, emotional intelligence</p> <p>Have the children sit,</p> <p>Guided script</p> <p>Close your eyes and pretend you are out on a beautiful field. Its summer and it's warm and sunny. Maybe you can hear a bumble bee? Look up at the sky and imagine you are a cloud, what kind of cloud are you? Are you white and fluffy and floating gently in the breeze? Are you dark grey, angry and about to burst? Are you a rain cloud letting go of anger or other emotions? If so imagine letting your raindrops fall. Imagine cool water drops falling, letting go of the weight. Now let your strong raindrops fall away, feel how you get lighter. Now if you want to you can imagine you are the sun, shiny, warm and happy. How did it feel?</p>			
<div>  </div> <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. And 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 your tummy feel and how do your muscles feel? How does your body feel when you are angry?