






EMOTIONAL FIRST AID PLANNING – NURSERY – YR1

WEEK 7 – Endings and New Beginnings

Week 7 Beginning	TOPIC SUGGESTIONS	LESSON PLAN	REFERENCES
	Worry cloud transition activity	Moving class can be an exciting but also worrying time for young children this activity gives children the opportunity to voice their worries but also the things that they are most looking forward to.	Twinkle resource Emotional first aid folder -
	My favourite memories from the year	Worksheet to complete around favourite memory, favourite moment and favourite activity	Emotional first aid folder – My favourite memories from the year.
	My school Year Memory page	Worksheet to complete around favourite memories	Emotional first aid folder - My school year memory page
	I am an amazing person!	Balloons to fill in about the children's best qualities	Emotional first aid folder I am an amazing person
	What I love about school	<p>Heart template to cut out and make-fill in the answers to these questions..</p> <p>What do I love about school?</p> <ul style="list-style-type: none"> • What do I love about my class? • What do I love about my friends? • What do I love about my teachers? 	
	This is my pod!	Activity to show how connected the pods have been. Children can use the people template to make an example of	Emotional first aid folder - People outline template

		<p>each child in their pod. Trying to make the different 'people' resemble those children in their pods and themselves! Alternatively, the children could draw on A4 – faces to represent everyone in their pod and surround the picture with words that remind them of the other children like – funny, kind etc or remind them of the experience.</p>	
	<p>Word cloud Art</p>	<p>Create a word cloud from the children's name in your pod as a reminder for the children. Or create individual ones from the words the class come up with to describe how they have felt in the pod or being back at school or moving forward.</p>	<p>https://www.wordclouds.com/</p> 
	<p>The Invisible string Book</p>	<p>Reading of the story. THE INVISIBLE STRING is a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. The additional activity kit has lots of suggestions of really sweet activities to do like invisible art, Where does your string go?, the invisible string maze (a mindfulness activity)</p>	<p>https://www.youtube.com/watch?v=cO2LBBtAI</p> <p>Emotional first aid folder – The invisible string activity kit</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 you are 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?