



EMOTIONAL FIRST AID PLANNING - YEAR 6

WEEK 2 – Social distance but not emotional distance!

Please use the pink heart post-it notes for the children to use if they want to ask a question, say how they are feeling or just to make a comment. These can be left on the desks for you to read.

Week Beginning	ACTIVITY	LESSON PLAN	REFERENCE
Week 2	Explanation of wellbeing	<p>Script for an explanation</p> <p>Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year. If you have good mental wellbeing you are able to:</p> <ul style="list-style-type: none"> • feel relatively confident in yourself and have positive self-esteem • feel and express a range of emotions • build and maintain good relationships with others • feel engaged with the world around you • live and work productively • cope with the stresses of daily life • adapt and manage in times of change and uncertainty <p>All these things contribute to positive mental wellbeing and we will be looking at all of the below over the next few weeks.</p> <p>Talking about your feelings Healthy diet, exercise and sleep Challenging yourself – try new things Being mindful and knowing how to relax Setting goals and embracing wishes and dreams Challenge negative thoughts Ask for help if you need it Gratitude Connect with family and friends Have fun and laugh!!</p>	

		Mind.uk	
	-Talk about your feelings		<p>Discussion with class emotions not being Good or Bad but signals to us and our body bringing attention to something – ask yourself ‘What is this feeling trying to tell me?’</p> <p>Shared files – staff files – Clare Sheldon – Emotional First Aid</p> <p>Ref: if feelings could talk? - Emotional first aid folder Emotions aren’t good or bad. Emotional first aid poster</p>
	Recognising feelings	Discuss naming an emotion – what it looks like and what it feels like.	<p>Create your own Emotions feelings chart –</p> <p><i>Name of feeling What it looks like (draw emoji or picture) What it feels like</i></p> <p>Embarrassed – I feel like everyone is looking at me and I feel confused. Angry – Things are not going my way, I feel bad inside and I feel grumpy. Upset – I feel unhappy. I need someone to listen to my problem and help me solve it. Happy – I feel good inside! People are treating me kindly and I am enjoying being with others. Calm – I feel quiet and peaceful. Nothing is bothering me.</p>
	Think and draw emotions		<p>https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Talk-emotions.pdf Think about each emotion and write or draw something that made you feel that way. Or Think about each emotion and draw yourself showing that emotion</p>
	Understanding how feelings affect behaviour		<p>https://www.anti-bullyingalliance.org.uk/sites/default/files/field/attachment/restorative_thinking_school_toolkit_sample.pdf</p> <p>A work sheet that gives you a feelings, thoughts and behaviour mountain and an explanation script</p>
Creative Activities	ART Activities What does.....look like?		<p>What does Happiness look like....Get the children to draw what they think Happiness, Worry, Sadness and hope look like on separate pages. Time each emotion – 5 mins</p>
	Affirmation bracelets		<p>Children to make their own affirmation bracelets. For being kind to themselves. Emotional first aid folder for guide.</p>



	Draw with Rob Biddulph		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 creatures.
	Laughter therapy		Twinkle resources: 'It's important to laugh throughout the day' – debate pac Make a list of what makes you Laugh - Laughter list.
Mindfulness activities	Journaling kind wishes		Purpose – self- kindness, compassion, reflection and connection. What you need: Pen and paper This a good way to practice kindness. The children take their time to send kind wishes to themselves and see how it makes them feel. Prompts for the kind wishes... Today I wish for myself..... Today I wish for a loved one..... Today I wish for someone I don't know that well..... Today I wish for a frenemy..... Today I wish for the whole world.....
	Say to yourself kindly.....		Purpose – self –kindness, mindful speech and impulsive control The negative voice in your head is heard the loudest! Next time you criticise yourself or somebody else, instead, try to be constructive and kind. So for example ... When you spill something.....say to yourself kindly. It's ok it happens to everyone! When you feel embarrassedsay to yourself kindly. It's ok, everyone feels like this at some point and this feeling will pass. When you feel that you have failed.....say to yourself kindly. Don't worry, we will fix this and figure a way out. When you want to criticise or be mean to someone elsepause and say something kind instead!
From week 1 to be continued.	Feelings diary (Ref 3)		– Emotional First Aid folder – <i>Our feelings diary Year 6 (1)</i> Can be supported with – – a word document with a wide variety of negative feelings illustrated - Emotional First Aid folder - Emotions https://www.elsa-support.co.uk/wp-content/uploads/2020/01/Emotion-wheels.pdf
Mindful moment!	Mindful ways 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!
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?

Name at least one difficult emotion today...

Next time you experience a difficult emotion, try to give it a name if you can. It might be anger, jealousy, anxiety, sadness or something else. Pay attention to and naming the feeling can take its power away. Can you think of one now? What emotion did you name? How did it make you feel?
Blissful kids – mindfulness and the brain made easy.

Yoga sessions <https://www.yogaatschool.org.uk>