



EMOTIONAL FIRST AID PLANNING - YEAR 6 & 5

WEEK 3 – Let it go!

EMOTIONAL FIRST AID KIT – LESSON PLANS YEAR 6 & 5 Clare Sheldon/Rebecca McCafferty

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 3 B/15 June	ACTIVITY	Lesson plan	REFERENCE
	Negative thoughts	Negative Automatic thoughts Discuss what these are and some possible ideas for common negative thoughts and how to question them	Emotional first aid folder – Negative Automatic thoughts Challenging negative thoughts poster for discussion - emotional first aid folder
		How to cope with thought loops – this is a discussion prompt and children can create their own thought loops.	Emotional first aid folder – How to cope with thought loops
		Test your thoughts – complete the worksheet with your own negative thoughts with some key things to remember.	Emotional first aid folder – Test your thoughts!
	Self- esteem	Self -esteem journal to be started in school but children can carry this on at home.	Emotional first aid folder – Self- esteem journal
	Inspiring Quotes	Encourage children to bring in an inspirational quote for the day. Evaluate at the end of the day how useful it was!	Eg: Never say I can't, always say I'll try, In a world where you can be anything be kind!
	More Self-esteem!	Remember you are worthy – children make a 'chatter box' and include self-esteem advice!	Emotional first aid folder – self-esteem chatter box template
	Mindful Breathing Activities	X4 different ideas of breathing exercises using shapes to regulate emotions and for relaxation. star, square, triangle, lazy 8	Emotional first aid folder – breathing – star, square, triangle, lazy 8
	Circle of control	'Circle of control' worksheet with teacher prompt for discussion. Get children to decide what they can and can't control	Emotional first aid folder – Circle of control Discussion prompt and activity sheet

		and complete the worksheet or create their own version.	
	Help others when you can.	Make a poster with an A-Z of kindness activities – an example is given and there is a printable plain version for children to make their own.	https://www.elsa-support.co.uk/wp-content/uploads/a-to-z-of-kindness.pdf Emotional first aid folder – a-z of kindness Possible year 6 film a ‘hi from year 6’ Pat a cake
	Pat – a –cake	Children can record on ipads messages or teaching a new skill to the younger children.	Pat a cake – is a good example of what to teach the younger children https://www.youtube.com/watch?v=xbVUfupbDyQ 1 minute clip
	Get connected!	Move together and have fun together! Create a simple collection of either dance moves or actions to a chosen song that everyone can join in (socially distancing!) This could be filmed and sent to another pod!	
	Mindfulness Activities	<p>Gratitude gift purpose- gratitude, kindness and connection A way to show appreciation for someone in the child’s life and that they are grateful for their presence. Get the child to think about someone in their life who is very important to them – friend, sibling, neighbour, teacher. Ask the child to think of a reason as to why they are grateful to have that person in their life. Ask the child to draw or write about these feelings – do this in a way that would make the ‘important person’ laugh or smile. Explain the importance of holding someone in mind and that they can give this ‘gratitude gift’ to the person when they are able to take work home.</p>	
		<p>Liking the music purpose- mindfulness of sounds and focus You will need a selection of music – pick a mix of music. Play a song and ask the children to pay attention to it. Listen and give a thumbs up when they notice a selection of the following (pick two or three per song):</p> <ul style="list-style-type: none"> • Hear a specific instrument • Hear drums start beating • Hear drums stop beating • Hear the voice of a singer start or stop • Hear a specific word • Notice that the music affects their feelings • Feel uplifted by the music • Feel calmed by the music 	

		When you have finished this activity ask the children if it was easy to stay focussed, were they able to bring their attention back to the music if their minds wandered? Were they able to notice whatever it was you chose to have them pay attention to?
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!
	<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’. 	
	<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? 	
	<p>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?</p>	
	<p>Recognise at least one strong emotion today....</p>	

	<p>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?</p>
	<p>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.</p>

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