



EMOTIONAL FIRST AID PLANNING - YEAR 6 & 5

WEEK 4 – KEEPING WELL!

Week 4 B/22/06/20	ACTIVITY	Lesson plan	REFERENCE
	Goal Setting	Wheel of fortune <ol style="list-style-type: none"> 1. Get the children to draw a wheel and divide into segments. On each segment the children write important categories in their lives. Family, friends, school, hobbies 2. The children put a goal in each category they wish to accomplish – see the worksheet prompt for examples 3. Get the children to think about the steps they will take to achieve these goals and what obstacles they may encounter along the way. What will they do to overcome them? 4. Colour and decorate the wheel 	Emotional First aid folder – Wheel of fortune
	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> <ul style="list-style-type: none"> • What would you do if you won the the FA cup, Singing competition, Olympics? • What is your biggest dream? • If you had a superpower, how would you use it? • If you found a genie and could ask for three wishes, what would you wish for? <p>Some of these questions may prompt unrealistic answers from the children, but you can help them tweak them to be more achievable.</p>	https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children
	Interest maps	<p>Children can learn a lot about themselves by paying attention to their interests. Do they like art or science or writing or sports? Write down all their favourite interests. Next, see if they can find patterns in the things they enjoy doing. Do they enjoy working with people? Animals? By themselves? Check out our example of an interest map to get some ideas. Once they see their interests mapped out, they can create goals.</p>	Emotional first aid- Interest maps Idea of presentation of an interest map.
	STOPP - Calming technique	<p>STOPP can be used as a calming technique as soon you notice a negative thought creeping in, when you feel a strong emotion and your body starts to react to the situation.</p> <p>S - Stop! You have shifted your focus of attention away from whatever was upsetting you. This helps you step back from your thoughts. etc</p> <p>T - Take a slow deep breath! Breathing a little deeper and slower will calm down and reduce the physical reaction of emotion/adrenaline your body is feeling. Focusing on your breathing means you are not so focused on our thoughts and feelings so that our minds can start to clear and we think less emotionally.</p>	<p>This is a child friendly version of basic CBT.</p> <p>Emotional first aid – STOPP script (More detailed version)</p> <p>Emotional first aid – STOPPCards - mini prompts</p>

		<p>O –observe the situation. We can notice the thoughts going through our minds, we can notice what we feel in our body and we can notice the urge to react in an impulsive way. We can start to notice that we may react in the same negative ways. Noticing, helps us to cool those thoughts and feelings and then reduce their power and control.</p> <p>P – Pull back – when we step back from a situation and start to see the bigger picture, it changes our thoughts. Ask yourself - what is the bigger picture? What will someone else say about this – What advice would I give a friend? Is this thought fact or opinion? How important is this really right now? What would a helicopter view be?</p> <p>P – Practise what works and proceed. Use this STOPP technique next time you feel angry, upset, nervous and see if it works for you!</p>	<p>https://www.getselfhelp.co.uk/stopp.htm#HOW_TO_USE_STOPP</p>
	THUNKS – Unusual questions to make you think.	<p>These questions are all based on THUNKS by Ian Gilbert – a think being “a beguiling question about everyday things that stops you in your tracks and helps you to look at the world in a whole new light.”</p> <p>There are no right or wrong answers, simply well-thought out answers but by all means challenge the answers with an opposing view – a “but what if.....” type of question to encourage further discussion.</p>	Emotional first aid folder – Think Powerpoint
	Wonderful Me!	<p>My happiness activity.</p> <p>Focus on what is important in the child’s world. Children start to take charge of their own happiness and find ways to have a positive effect of their own feelings. Use the check list as a discussion point on how to look after your Mental Well-being.</p>	Emotional First aid folder – Self care check list https://kidshelpphone.ca/get-info/letters-of-support-from-kids-like-you-during-covid-19/
	Learning something new	Worksheet to look at activities the children are already doing and to think about the advantages of learning new ones.	Emotional first aid – Learning something new
	Learning new things ...Origami	<p>How a go at some origami.</p> <p>This is an ‘easy’ (?) instruction video for a humming bird. But have a look for something the children may be more interested in.</p>	<p>https://www.youtube.com/watch?v=gn2iLmwvZPk</p> <p>How to make a hummingbird – no voice instructions</p>

	Sign language Every day greetings and meal time signs	Use these youtube clips to learn some basic signs	https://www.youtube.com/watch?v=se4kobRFSgg Everyday greetings https://www.youtube.com/watch?v=nAcClo7gdeE
	Dental hygiene	Looking after your teeth – an important part of self -care! Plan a sugar swap poster with this template for ideas.	Emotional first aid folder – Sugar swap poster
		Sugar swap -Create a comic strip to encourage healthy swaps from unhealthy choices to good ones.	Emotional first aid folder – Sugar swap poster
	Sleep – the powerpoint presentation from gov.uk	A Full lesson plan to explore the benefits of good quality sleep and how we get good quality sleep.	Emotional first aid folder – sleep power point
	Top tips for getting a good night sleep.	You tube video – 3:43 from Nuffield Health about how to organise a good sleep routine.	https://www.youtube.com/watch?v=RDGv1XGSHiE
	Best Evening routine recipe	Poster suggesting good routines at bed time. Children could think about making their own version.	Emotional first aid folder – Best evening routine
	Mindfulness Activities	Waiting Game Purpose – mindfulness of sounds and surroundings, impulse control, focus and calm. A good practice to help children with waiting. We wait in line at the supermarkets, shops now and to come into school. Ask the children how waiting makes them feel. Explain to them how easy it is to become worried when waiting but we can focus on our surroundings to calm down and perhaps make those moments more enjoyable. You can train mindful waiting and this is good to use next time. Begin the exercise by sitting down or standing still. Tell the children to pick something pleasant to look at. Tell them to hold their focus on the object. They don't have to strain their eyes, instead try and find a soft gaze. Ask them to be curious about the object and to inspect all the details. Ask if they notice any thoughts, maybe they think it's not working or they are bored! Tell them that is ok, that is exactly how it feels when waiting! Notice being distracted is exactly what being mindful is.	

		<p>Tell them that when thoughts come it's ok. They can let them be and focus on the object again. Let them focus on the object for a minute and congratulate them on a good job!</p> <p>Ask the children how it felt. Did time go slow or fast when they focussed on the object. Did they notice thoughts or emotions? Do they think this could work for them in the future? Tell them that they could try it out when they are waiting the next time.</p>
	<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.....</p> <p>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...</p> <p>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?</p> <p>Blissful kids – mindfulness and the brain made easy.</p>

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