



EMOTIONAL FIRST AID PLANNING - YEAR 6 & 5

WEEK 5 – SUPPORTING CHANGES

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 5 B/29 June	ACTIVITY	Lesson plan	REFERENCE
Transition Work	Transition support programme	40 page document that has lots of transition activities. We did say that this was for home so that all children had the same information. You can use this in class but we have provided some additional transition work so as not to duplicate what may be done at home.	Emotional first aid folder Adolescent development services PDF document sent home to all parents.
	Things to talk about to help prepare for secondary school	<p>This has been provided by SALT therapy NHS service.</p> <p>It is selection of scripts to follow and discussion points around the</p> <ul style="list-style-type: none"> • differences between primary and secondary school • Timetables • Packing a school bag • Finding your way around • What you can do if you don't understand • Learning new words • Emotions • Online safety • Making friendship • Friendship issues • Further ideas for discussion 	<p>Emotional first aid folder – Preparing for secondary school</p> <p>Other documents include an example of a secondary time table (Document called Timetable) – a school map (Document called school map) (Document called Dictionary flow) – flow chart about how to use a dictionary</p>

	Friendship problems Solving for secondary school	<p>This has been provided by SALT therapy NHS service.</p> <p>It is a set of scenarios to discuss with the children issues that may come up at secondary school and what they can do.</p> <p>To go with this activity a prompt sheet for the children to fill in to record answers.</p>	<p>Emotional first aid folder – Friendship problem solving</p> <p>Emotional first aid folder – problem solving prompt sheet</p>
	What if..? Transition problems	<p>A selection of 40 what ifscenarios for secondary school situations such as ...</p> <p>What if I forgot to get my parents to sign my planner? What if I can't remember the teachers name? What if I feel overwhelmed and have a melt down?</p>	<p>Emotional first aid folder - What – if - cards</p>
	Getting to know me.	<p>This is an activity for the children to write a letter to their future selves including goal setting, strengths, weaknesses and advice. Is good for confidence and self-esteem.</p>	<p>Emotional first aid – Getting to know me</p> <p>Activity plan, differentiated worksheets and a printable envelope template</p>
	Change tunnel-resilience	<p>This activity can be done as a whole class. Explain to the class that they are going to discuss different thoughts about secondary school and how they make them feel.</p> <ul style="list-style-type: none"> • Ask the children to think about what they are worried or excited about. • Ask them to write each idea on a post it. Then go round and ask each child to share one. • Ask how each child feels about the thought using a show of hands for the different options 	<p>Emotional first aid – change tunnel activity.</p> <p>We have changed the activity to comply with social distancing!</p>

		<p>signs 'Nervous', 'Excited', 'Not Sure'</p> <ul style="list-style-type: none"> • Ask a few children to explain why they feel that way and acknowledge this reaction. • Repeat with other thoughts • Ask the children how they feel about other people having similar worries to them. Does it make a difference? • Introduce the concept of resilience: 'Resilience is having the skills and resources to deal with difficult situations in life. There are different ways to build resilience in people and in these sessions we are going to have some fun and learn some new ways to cope.' • Ask pupils to think about who they can talk to about these worries. 	
	<p>Who supports me? Sense of belonging</p>	<p>Activity to complete – concentric circles of levels of support. Starting with the home, distant family, class mates and finally organisations.</p> <p>Extension activity – Make a list of qualities that make us feel supported. What additional support do you need to make you feel safe and looked after?</p>	<p>Emotional first aid folder – Who supports me?</p>
	<p>Childline website</p>	<p>Starting secondary school – discusses how to get to school, missing old friends etc</p>	<p>https://www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools/#Tipsforstartinganewschool</p>
<p>Well being</p>	<p>Connecting with others</p>	<p>Looking at the 'threads' that when put together make a strong rope. Children explore the more connected you are to other people the stronger you are too.</p>	<p>Emotional first aid folder – connect with others</p>

		Activities to complete on how to connect.	
	Physical activity	NHS worksheet to think about how physical activity can raise our self-esteem and positively change our mood.	Emotional first aid folder – Physical activity
	Imoves dice challenge & Times tables challenge	Using x2 dice to decide activities and duration. Choose activities and Dice 1 when rolled will tell the children which exercise to do and dice 2 when rolled will give the number of seconds x10! – Children could make their own choice of exercise. Suggested moves to make a times tables dance – odd numbers – pencil jump, even numbers – wide squat etc	Emotional first aid folder Exercise dice challenge Exercise times tables dance
Try something new	Tate Gallery	Virtual tour of the Tate Gallery with lots of activities – draw your own sound monster, Which surrealist artist are you? Quiz an discover different artists.	https://www.tate.org.uk/kids
Mindful activity	<p>Take 5 – Purpose body awareness, mindful of breath, focus and calm. Simply make a fist of your preferred hand and open one finger and breathe in and breathe out – this is one breath cycle. You breathe in and notice the air going in and breathe out and extend the second finger. When you have opened your palm fully you know you are done! You can do this before a test with your hand hidden under the table if you wish. Or before a football game or anything else where you need to calm yourself.</p>		
	<p>Belly breathing – purpose body awareness, mindfulness of breath, focus and calm. Guided script – Imagine you have a balloon in your belly that you want to blow up. Put your hands on your tummy, close your eyes and picture the balloon, what colour is it? Now slowly inhale through your nose and inflate your belly balloon slowly. With your hands on your belly, feel that balloon filling up! Slowly let the air out of your balloon through your mouth. Feel the balloon getting smaller. Repeat 5-10 breaths. You can ask the children how they feel before and after? Did they notice anything? Do they feel any difference?</p>		
	Mindful activities....		

	<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>