



EMOTIONAL FIRST AID PLANNING - YEAR 6 & 5

WEEK 6 – Carrying on the journey


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 6	ACTIVITY	Lesson plan	REFERENCE
Transition	Transitioning to Secondary school	A resource that reassures children that they're not alone when it comes to their worries about secondary school, that there are ways to cope with change and there are people to talk to when things get difficult.	https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#film-resource Ideas for some jokes – Emotional first aid – joke page
	Making new friends	A series of fun videos for children to watch about starting a new school, how to make friends and fitting in.	https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/#film-resource
	Differences between primary and secondary school	Read out the differences and use as a discussion point – talk about the ones the children may find the most challenging or the ones they are worried about.	Emotional First Aid – ‘Differences’
	Kindness challenge	Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others so if you want to feel good, do good!	Set a challenge to encourage the class to: <ul style="list-style-type: none"> • Show appreciation to those who are helping them – eg parents, friends, teachers, TAs etc • Say positive things in their conversations with others today • Do three things to bring joy to other people today • Thank a friend for the joy they bring • Help someone re-frame a worry and find a positive way to respond • Think about their strengths and focus on using them today • Look for the good in those around you

	Giving	X2 Worksheets to complete about 'giving' being a good thing. There are many things we can give and are free! Spreading joy and positivity is free and has a good impact on our emotional well being.	Emotional first aid - giving
	Being present	Improving well being by being in the moment and paying attention to your feelings, thoughts and body. Includes a mindfulness meditation.	Emotional first aid – Being present
	Jake's journal	Read the journal in conjunction with the feelings road graph and decide where to put Jake at the end of every entry. You will see how feelings change over time!	Emotional first aid – Jake's journal Emotional first aid – Feelings Road
	Goal setting	A visual reminder that every goal consists of a series of smaller steps. A visual aid to help children learn to cut down large goals into smaller steps. A tool to focus on the small successes and to remind ourselves that they all lead in one direction.	Emotional first aid – My Goal
	Affirmations	I am I can..... Worksheet to complete and to be used as a reminder of self belief.	Emotional first aid – Affirmations Use the strength cards document to support the children with ideas.
	Resilience	Resilience comes from the Latin word resilio - to jump back- and is increasingly used in everyday language to describe our ability to cope with and bounce back from adversity. Some people describe it as the ability to bend instead of breaking when under pressure or difficulty, or the	Tell us what advice you'd give younger students for making the most of their time at Glebe Primary school. Use your experience from your time at school over the years. Would it be around joining clubs? Doing homework? Making friends? Emotional first aid –

		ability to persevere and adapt when faced with challenges. The same abilities also help to make us more open to and willing to take on new opportunities. In this way being resilient is more than just survival, it includes letting go, learning and growing as well as finding healthy ways to cope.	This is an activity that would normally be featured in the 'Leavers assembly'. This could be put into a little book/time capsule at a later date. - Use the pink post it notes to record this advice.
	Staying connected	Watch the clip with Ben Shires discuss his favourite play list of games, films and TV programmes. Ask the children to put their own playlists together.	http://www.baftakids.org/bafta-kids-home-place2be There are lots of behind the scenes videos for gaming and film/animation shows to explore of this BAFTA website.
	The art room at home – River to sea project	The Art Room team at Place2Be and BAFTA Kids have teamed up to launch the River to Sea Project; an art project which will support children to cope with change, particularly those who will soon be moving from primary school to secondary or high school.	https://www.place2be.org.uk/media/pugft1w1/art-room-bafta-main-pack.pdf The link below explains the project https://www.place2be.org.uk/about-us/news-and-blogs/2020/june/the-art-room-and-bafta-kids-launch-project-to-support-pupils-with-move-to-secondary-school/
	Children's Art Week 2020	Children's Art Week 2020 In 2020, Children's Art Week will take place online, at home and in schools from 29 June – 19 July 2020. Each week will focus on a special theme (Week 1: The Natural World, Week 2: Connecting across generations, Week 3: Literacy and creative writing)	https://engage.org/
	Unravelling a problem	A visual tool to remind ourselves that our problems are always more manageable when we give ourselves a little bit of time to unravel them first.	Emotional first aid – Unravelling a problem

		This allows us to separate the different strands and prioritize our focus.	
	Mindful activity – finger maze	Labyrinth – a finger labyrinth maze to trace with the children’s fingers – this can help calm and soothe. Children can use dominant and non-dominant hands. Can be re-used as part of a well-being tool kit.	Emotional First Aid – Mindfulness Finger Labyrinth
<p>Mindful activity Cloudy or sunny Purpose understanding emotions, emotional intelligence Have the children sit, Guided script</p> <div style="text-align: center;">  </div> <p>Close your eyes and pretend you are out on a beautiful field. It's summer and it's warm and sunny. Maybe you can hear a bumble bee? Look up at the sky and imagine you are a cloud, what kind of cloud are you? Are you white and fluffy and floating gently in the breeze? Are you dark grey, angry and about to burst? Are you a rain cloud letting go of anger or other emotions? If so imagine letting your raindrops fall. Imagine cool water drops falling, letting go of the weight. Now let your strong raindrops fall away, feel how you get lighter. Now if you want to you can imagine you are the sun, shiny, warm and happy. How did it feel?</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. And 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 ways 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 			

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