



EMOTIONAL FIRST AID PLANNING - YEAR 6

WEEK 1- Supporting positive new beginnings!

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 1	Getting back to school and some Lock down reflections.		
Points for discussion ...	<p>Suggested Questions from Educational psychology service Hillingdon.</p> <p>How can we feel safe in school, what ideas do you have about things like how do we make sure everyone washes their hands?</p> <p>What sort of feelings are you having about school right now?</p> <p>What have been your experiences of home schooling? What was good? Are there things that you would like to continue?</p> <p>Write down / discuss your hopes and concerns.</p>		
Activities	Back to school questionnaire (Ref 1)	Worksheet – can either be printed or used from the board & children create their own version	https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Wellbeing-questionnaire-back-to-school.pdf
	Lock down 2020 reflections (Ref 2)	Worksheet – can either be printed or used from the board & children create their own version	https://www.elsa-support.co.uk/wp-content/uploads/2020/05/2020-review.pdf
	Feelings diary (Ref 3)	An opportunity to talk through emotions. This is a sheet to be filled out daily by the children to keep a record of their emotions	<p>– Emotional First Aid folder – <i>Our feelings diary Year 6 (1)</i></p> <p>Can be supported with –</p> <p>– a word document with a wide variety of negative feelings illustrated - Emotional First Aid folder - Emotions</p> <p>https://www.elsa-support.co.uk/wp-content/uploads/2020/01/Emotion-wheels.pdf</p>

		now they are back in school.	
	Write a letter about how you're feeling (Ref 4)	Letter template & word bank	https://youngminds.org.uk/media/2933/a-letter-about-how-i-m-feeling.pdf
	Coping toolbox (Ref 5)	Worksheet to complete Using the additional a-z guide to give children ideas.	-Emotional First Aid Folder – <i>coping toolbox (2)</i> Can be supported with https://www.elsa-support.co.uk/a-z-of-coping-skills/
	My Worry Jar (Ref 6)	Worksheet to complete – this activity can be revisited each week so children see what they may have worried about is no longer a worry. This will also help process their thoughts.	Emotional First Aid Folder – <i>Worry jar</i>
	Dealing with change (Ref 7)	Worksheet or prompt for discussion in 'bubbles'	Emotional First Aid Folder – <i>Dealing with change</i>
	Creating a Routine (Ref 8)	Timetable to fill in and particularly useful for ASD children	Emotional First Aid Folder – <i>Creating a routine</i>
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!	
Meditation	Children's relaxation script	Script to be used with the children to help them meditate	Please see your laminated copy
Information	'Comic' made for children – 'what children might want to know about Coronavirus (Ref 9)	Overview of Coronavirus in a comic book style How to make the comic – zine version of this comic &	https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1590410921174 The above gives instructions

		directions on how to fold it.. or children can make their own versions for themselves.	https://drive.google.com/file/d/1PYrKYfOBa4p-azl5z_46KJMbi1FSmL_Y/view This link goes straight to the comic
	What is a Pandemic/Coronavirus	Visual 'slide' show story about pandemics and coronavirus. Good visual way to open up discussions around subject.	https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf
	BBC Q&A with children asking a mental health expert Coronavirus – creative solutions to social distancing	Duration 2.32 minutes Visual prompt for ideas for social distancing from around the world – good start for a discussion	https://www.bbc.co.uk/news/av/health-52776441/coronavirus-when-can-we-hug-our-friends-and-family-again https://www.bbc.co.uk/news/in-pictures-52746584

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 your 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.