

E-Motions Sessions for Schools - Lesson Plan (1 Hour)

Author/Presenter: Rebecca Bishop	Location: Name of School		Date: Date
Title: The E-Motions Series – Sad Seal Saves the Day			Length: 60 minutes
Aim: To read ‘Sad Seal Saves the day’, to test understanding and to introduce self-regulation techniques for the emotion of sadness			
Objective/s: By the end of the session the children will be able to know one self-regulation technique they can do when feeling sad.			

Timing	Presenter Activities	Children Activities	Resources	Assessment
2 min	Introducing me, the author	Listening, asking questions		
5 mins	Reading ‘Sad Seal Saves the Day’	Listening	Slides	
5 mins	Ask for feedback	Giving feedback, asking questions	Slides (if needed to answer questions)	
8 mins	‘Sad Seal Saves the Day’ Quiz	Answering questions	Video	Check understanding based on answers given
OPTION 1: Story Retelling x 2 and Happy Poem				
2 mins	Story retelling Part 1 –People were safe happy living on boats/they find the seal, frame what we are about to do.	Listening		
3 mins	Ask for volunteers and give out props	Volunteer, take props and get into position.	Various props for story retelling part 1.	Sad Seal Saves the Day Play Script
7 mins	Story retelling Part 1 – People were safe....	Acting out the parts		Observation

Timing	Presenter Activities	Children Activities	Resources	Assessment
2 mins	Collect props	Give props back		
2 mins	Story retelling Part 2 – The storm and journey home– frame what we are about to do	Listening		
3 mins	Ask for volunteers and give out props		Various props for story retelling part 2.	Sad Seal Saves the Day Play Script
7 mins	Story retelling Part 2 – The storm and journey home	Acting out the parts		Observation
2 mins	Collect props	Give props back		
2 mins	Get Children to sit down	Sit down		
1 min	Happy poem -explain how Seal felt in the end/ Happy opposite to sad	Listening	Show the E-motions Ladder	
5 mins	Happy poem	Listening	Happy Poem Slides	
4 min	Wrap up - ask if they enjoyed it - ask how they feel now?	Give feedback, asking questions		
OPTION 2: Story Retelling x 1 / Activities and Happy Poem				
2 mins	Story retelling Part 1 or Part 2 frame what we are about to do	Listening		
3 mins	Ask for volunteers and give out props		Various props for story retelling part 2.	
7 mins	Story retelling Part 1 or Part 2	Acting out the parts		Observation
2 mins	Collect props	Give props back		
2 mins	Get Children to sit down	Sit down		

Timing	Presenter Activities	Children Activities	Resources	Assessment
1 min	Happy poem -explain how Seal felt in the end/ Happy opposite to sad	Listening	Show the E-motions Ladder	
5 mins	Happy poem	Listening (with eyes closed – optional)	Calm Poem / Music	Observation and assisting
15 mins	Various Activities i.e. wordsearch, counting, colouring in, etc.	Choosing and doing the activities on various tables.	Sad Seal's Resources	
3 min	Wrap up - ask if they enjoyed it - ask how they feel now?	Give feedback, asking questions		